



**ADVENTURES OF
INGOTMAN AND THE
RIVER FOREST CLAN**

2010

Page 1
TITLE

Page 2-22
SENIORS

Pages 23-41
ACADEMICS

Pages 42-54
FACES

Pages 55-85
SPORTS

Pages 86-105
STUDENT LIFE

Page 106
CLOSING

W
FI

Pages 107-123
ADVERTISEMENTS

B
KI

Pages 124-127
INDEX

Page 128
COLOPHONE

KA

WI

THE ADVENTURES OF INGOTMAN AND THE R.F. CLAN

2010 Ingot
Yearbook

Volume 50

River Forest High School
3300 Indiana Street
Hobart, IN 46342

Mission Statement: To empower all students to
succeed in the 21st century.

Vision Statement: Working together to provide high
expectations to each child to achieve his or her greatest
potential.

Ingot



1

saved by Dreanna Robinson



Another year hit River Forest with a

BAM!

BOOM!

POW!

and nothing could hinder these Mighty Ingots. The freshmen battled with their flying fists of fury, taking down the dreadful first year with ease. Was it a sophomore slump or comeback of the year for these super trooper sophomores? Read on to find out how they defeated their arch nemesis, speech class. The jubilant Juniors never showed a frown as they delivered their beat downs. However, the year was taken by storm by none other than the spectacular seniors who annihilated every obstacle in the way, spawning new hope for all underclassmen. Each class had its trials and victories. The story of the Mighty Ingots unfolds into a tale that is sure to become legendary.

Class Of 2010





Seniors



Sarah Abdelhamed



Ashley Ables



Karina Aguirre



Jesse Allen



Molly Ayala



Robin Barnes



Nur-William Benito



Melissa Bigott



Andrea Black



India Brandon



Tyler Burrell



Miranda Calleros



Angelica Calvillo



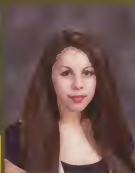
Shane Campbell



Matthew Cano



Joseph Cardin



Kristina Carrillo



Alejandra Castillo

2010



Della Cefa



Crystal Cheate



Charlotte Cran



Andri Dewan



Margaret Diaz



Matthew Diaz



Keerie Doring



Anthony Dass



Tairia Duff



Quentin Durr



Andrew Eskridge



Katherina Esteph



Sierra Evans



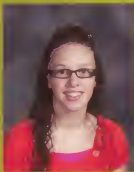
Marika Fisher



Selina Flores



Kenya Franklin



Bethany Galligan



Antonio Garcia



Mariela Garza

Seniors



Jessica Qasaway



Christina Qawel



Andres Gonzalez



Brandon Gray



Jessica Holstead



Derek Harper



Jerica Harper



Dont'e Henderson



Ryan Holland



Dominic Hurley



Maricela Hurley



Kaylee Hutson



Jeremy Jansen



Amanda Jones



Robert Keene



Brittany Kennedy



Melanie Lachowicz



Jordan Lewis

2010



Terry Lewis



Zi Ling



Alejandro Lomas



Kelle Lony



Stephen Long



Enrickle Lopez



Juan Martinez



Kristopher Masan



Joseph Mendez



Melissa Menchaca



Brent Mendoza



Roslyn Mitchell



Kristina Morris



Aedya Nixson



Brandon Neuhart



Ashley Nieves



Alexandra Nikoliaj



Jeffery Obenmeyer



Kim O'Leary

Seniors



Damien Padgett



Kristin Parduhn



Renee Parker



Anthony Pelka



Steven Pendleton



Orlando Perez



Ricardo Perez



Richelle Poe



Shaun Preston



Roby Purnawan



Amanda Ramos



Katherine Randitsas



Dreanna Robinson



Chelsea Rosco



Jasmine Russi



Sasha Sabates



Ashley Sabbers



Nutthawan Senkhao

2010



Ryan Smith



Leliani Soto



Shavon Stokes



Jeremy Stover



Cassandra Sul



John Swansey



Victoria Thomas



Javier Torres



Arturo Vega



Nathalie Viegas



Tina Villarreal



Andre Wade



Allison Watley



Jennifer Weidert



Dexter Washington



Tiffany Williams



Marisa Wright



Jr. Yanez



Betsy Zambrano

Senior

Ashley Ables

French Club: 2, 3, 4
Honor Society: 3, 4
Band: 1, 2, 3
Bowling: 2
Yearbook: 1, 2, 3, 4
Freshman Mentor: 4
Spell Bowl: 4
Academic Super Bowl: 4
Decathlon: 4

Paula Barnes

Softball: 4

Melissa Bigott

Tennis: 1, 2, 3, 4
Band: 1
Choir: 3, 4
Drama: 4
Bowling: 1
Cheerleading: 1
Freshman Mentor: 4

Miranda Caleras

Volleyball: 1
Spanish Club: 3, 4
Freshman Mentor: 4

Shane Campbell

Tennis: 1, 2, 3, 4
Basketball: 1
Baseball: 1, 2, 3, 4

Kristina Carrillo

Track: 1, 2
French Club: 1, 2, 3, 4
Honor Society: 3, 4
Spell Bowl: 1, 4
Academic Super Bowl: 1, 4
Decathlon: 1, 2, 4

Matthew Diaz

Tennis: 2, 3, 4
Golf: 2, 3, 4
French Club: 3, 4
Spanish Club: 2, 3
Honor Society: 2, 3, 4
Band: 1, 2, 3, 4
Student Council: 1



Crystal Daring

Band: 1, 2, 3, 4

Tavia Duff

Choir: 1, 2, 3, 4
Drama: 1, 2, 3, 4
Cheerleading: 1, 2

Kathleen Eklund

Volleyball: 1, 2
Track: 1, 2, 3, 4
French Club: 2, 3, 4
Band: 1, 2
Choir: 4
Freshman Mentor: 4

Sierra Evans

Spanish Club: 3
Choir: 1, 2, 3, 4
Drama: 2, 3, 4

Erinna Frawley

Track: 3, 4
Spanish Club: 3, 4
Honor Society: 3, 4
Band: 1, 2, 3, 4
Choir: 3, 4
Cheerleading: 2
Freshman Mentor: 4

Antonio Garcia

Football: 4
Track: 4
Freshman Mentor: 4

Natalie Garcia

Volleyball: 1, 2, 3, 4
Tennis: 2, 3, 4
Cross Country: 2
Track: 3, 4
Basketball: 2, 3
Spanish Club: 3, 4
Student Council: 1, 2, 3, 4
Homecoming Court: 1, 3, 4
Freshman Mentor: 4



Credits

Jessica Gasaway

Tracks: 1, 3
French Club: 3, 4
Freshman Mentor: 4

Christy Gaskill

Choir: 1, 2, 3, 4
Drama: 1, 2, 4
Cheerleading: 4
Freshman Mentor: 4

Andres Gonzalez

French Club: 1
Bands: 1, 2

Madison Haggstad

Bands: 1, 2, 3, 4

Jerica Harper

Spanish Club: 4
Honor Society: 4
Freshman Mentor: 4

Shadee Hurling

Honor Society: 2, 3, 4
Spell Bowl: 1, 2, 3, 4
Decathlon: 1, 2, 3, 4

Kaylee Hutson

Volleyball: 1
Track: 1, 2
French Club: 3
Bands: 1, 2, 3, 4
Bowling: 1, 2, 4

Brianna Kennedy

Volleyball: 1, 2, 3, 4
Spanish Club: 3, 4
Bowling: 1, 4
Softball: 1, 2, 4
Auxiliary: 3
Freshman Mentor: 4

Jordan Lewis

Cross Country: 1
Basketball: 1
French Club: 2
Spell Bowl: 1, 2, 3, 4
Freshman Mentor: 4

Academic Spell Bowl: 1, 2, 3, 4
Decathlon: 1, 2, 3, 4

Vanessa Roman

Spanish Club: 3
Band: 1, 2, 3, 4
Choir: 3
Bowling: 2
Cheerleading: 2

Stephen Dale Long

Baseball: 1, 2

Joan Martinez

French Club: 1, 2, 3, 4
Honor Society: 2, 3, 4
Band: 1, 2, 3, 4
Freshman Mentor: 4
Spell Bowl: 1, 2, 4
Academic Super Bowl: 3, 4
Decathlon: 1, 2, 3, 4

Melisa Menchaca

Volleyball: 1, 2, 4
Tennis: 1, 2, 4
Basketball: 1, 2, 3, 4
Student Council: 3
Homecoming Court: 1, 2, 4
Freshman Mentor: 4

Kristina Morris

Track: 3, 4
French Club: 1, 2, 3
Band: 1
Choir: 2, 3, 4
Drama: 1, 4
Bowling: 3
Cheerleading: 2
Freshman Mentor: 4

Ashley Nieves

Volleyball: 1, 2, 3, 4
Cross Country: 1
Track: 1, 2, 3, 4
Basketball: 1, 2, 3, 4
Spanish Club: 3, 4
Band: 1, 2
Homecoming Court: 2, 4
Auxiliary: 1, 2, 3, 4
Freshman Mentor: 4



Senior

Alexandrea Nikollaj

Volleyball: 1
Tennis: 1, 2, 3
Honor Society: 2, 3, 4
Bowling: 3
Freshman Mentor: 4
Spell Bowl: 4

Jeffery Oberway

Football: 4
French Club: 1, 2, 3, 4
Honor Society: 3, 4
Freshman Mentor: 4
Super Bowl: 4
Academic Super Bowl: 4
Decathlon: 4

Kristin Parduhn

Volleyball: 1
Spanish Club: 3, 4
Drama: 1
Auxiliary: 1, 2, 3

Bekka Barber

French Club: 1, 2, 3, 4
Honor Society: 3, 4
Choir: 1, 2, 3, 4
Drama: 1, 3, 4
Cheerleading: 1, 2, 4
Freshman Mentor: 4
Spell Bowl: 1, 2, 4
Academic Super Bowl: 3, 4
Decathlon: 4
Show Choir: 2

Steven Pendleton

Football: 2
Wrestling: 3, 4
French Club: 1, 2, 3
Baseball: 1

Richard Perez

Tennis: 1, 2, 3, 4
Track: 1, 2, 3, 4
Basketball: 1, 2, 3, 4



Amanda Ramos

Track: 2, 3, 4
French Club: 1, 2, 3
Band: 1, 2, 3, 4
Choir: 3
Drama: 3, 4
Cheerleading: 1
Freshman Mentor: 4

Catherine Roodless

French Club: 1, 2, 3
Spell Bowl: 1, 2, 3, 4
Academic Super Bowl: 1, 2, 3, 4
Decathlon: 1, 2, 3, 4

Chelsea Rosco

Volleyball: 1, 2, 3
Basketball: 1
French Club: 1, 2, 3
Band: 2
Softball: 1, 2, 3, 4
Student Council: 1, 2
Newspaper: 4
Freshman Mentor: 4

Breanna Robinson

Tennis: 2, 3, 4
French Club: 1, 2, 3, 4
Choir: 1, 2, 3, 4
Drama: 1, 2, 3, 4
Bowling: 2, 3
Student Council: 2
Yearbook: 3, 4
Cheerleading: 1, 2
Freshman Mentor: 4

Jasmine Russi

Tennis: 4
Spanish Club: 3, 4
Track: 2, 3, 4
Band: 1, 2, 3, 4
Drama: 3
Cheerleading: 1, 2, 3



Credits

Sean Smith

Tennis: 1, 2, 3, 4
Cross Country: 2, 3, 4
Basketball: 1, 2, 3, 4
Baseball: 1, 2, 3, 4
Freshman Mentor: 4

Lellany Soto

Volleyball: 1
Golf: 4
Spanish Club: 3, 4
Honor Society: 2, 3, 4
Bowling: 4
Student Council: 1, 2, 3
Freshman Mentor: 4

Sharon Stokes

Track: 1, 2, 3, 4
Basketball: 1
Spanish Club: 3
Honor Society: 3, 4
Band: 1, 2, 3, 4
Drama: 3
Student Council: 1, 2, 3, 4
Auxiliary: 4
Cheerleading: 2

Cassandra Sul

Volleyball: 1, 2
Basketball: 1, 2, 3
Spanish Club: 4
Honor Society: 3, 4
Homecoming Court: 3, 4
Freshman Mentor: 4

Arthur Vega

Cross Country: 2, 4
Track: 1, 2, 3, 4
Basketball: 1, 2

Tina Villareal

Track: 1, 2
Spanish Club: 1, 2, 3, 4
Band: 1, 2
Auxiliary: 2
Cheerleading: 1
Freshman Mentor: 4

Alissa Waller

Volleyball: 1, 2
Spanish Club: 3
Band: 1
Auxiliary: 2, 3
Freshman Mentor: 4

Dexter Washington

Football: 1
Track: 1, 3
Basketball: 1
Spanish Club: 3, 4
Band: 1, 2
Baseball: 1, 3
Student Council: 1, 2, 3
Freshman Mentor: 4



Super ★ Senior Superlatives

Best Kiss
Melissa Bissett and
Ryan Smith



Most Athletic
Katie Smith and
Benjamin Gullikson



Most Photogenic
Melisa Menchaca and
Andrew Eskridge



Most Outrageous
Grey Cardina and
Kenya Finkling



Best Personality
Alex Nikulchik and
Jesse Allen



*Class Tallest
Wendon Neyhart and
Andrea Blum*



*Class Shenk
Jaqueline Russ and
Antonio Perez*



*Ever Genius
Kristina Carrillo and
Juan Martinez*



*Most Creative
Alex Nikollaj and
Enrique Lopez*



*Most Dramatic
Ashley Jones and Jordan Jones*

Funniest
Ashley Ables and
Rishon Perez



Quietest
Ashley Ables and
Jeff Obermeyer



Most Clumsy
Ashley Ables and
Jeff Obermeyer



Best Hair
Leilany Soto and
Anthony Pelka



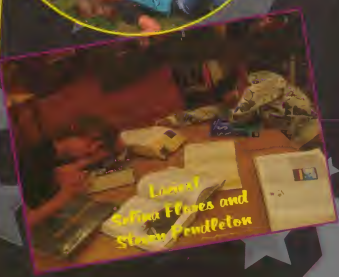
Best Jokester
Jeff Obermeyer and
Ashley Ables

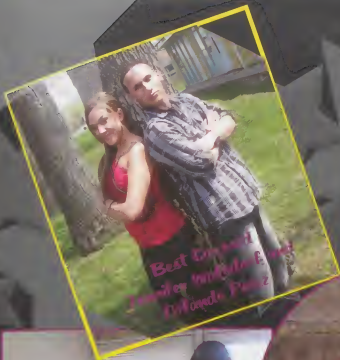


Most Likely to Succeed
Kristina Connelley and
Juan Martinez



Funniest
Sofia Flores and
Steven Pendleton





*Best Kiss
Jenney Winkler and
Infante Perez*



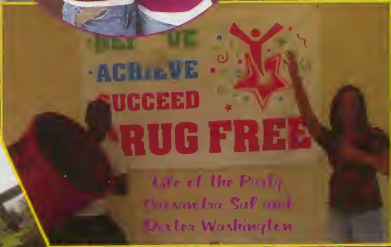
*Fantastic First
Natalie Garza and Ryan Smith*



*Teacher's Pet
Katie Kunklaas and Juan
Martinez*



*Class Couple
Matt Diaz and Renee Parker*



*Life of the Party
Alexandra Sal and
Dexter Washington*



*Big Day
Morgan Williams and
Taylor*



*Best Belmobile
Eric Hamilton and
Tina Villanueva*

2010

Graduates

Top Ten



1. Kristina Carrillo



2. Ashley Ables



3. Kaylee Hutson



4. Renee Parker



5. Lellany Soto



6. Jeffrey Obermeyer



7. Alexandra Nikollaj



8. Juan Martinez



9. Cassandra Sul



10. Dominic Hurley

CLASS
OF
2010



This year's graduation was held as usual in the high school gymnasium. One hundred nine River Forest seniors walked across the stage June 9, 2010 at 7:30 p.m. in the evening. The guest speaker, Eric

Ostrander, gave a speech titled "Character Counts". He spoke about how your character is the best quality and if you have it, you are more likely to go places in your

lifetime as the graduates listened attentively to his encouraging words and thoughts. This year's graduates were all ready to continue the

beginning of their lives, though they knew they would miss the halls and friendly staff of River Forest. Class of 2010's valedictorian Kristina

Carmille reflected on the past four years in her speech. Although it was short, she pointed out the class's strengths and willingness to strive for something that is truly wanted.

The night pointed out how the seniors lived up to the class motto: If we cannot do it, it cannot be done.

Of all the many tears cried, most of them were happy, proud tears. Finally the diamond decade marched out of the gym with diplomas in hand, ending an important chapter of their lives.



GOODBYE CLASS OF 2010

Class Song:

**"Twenty 10
Tunes" (mix)**

Class Flower:

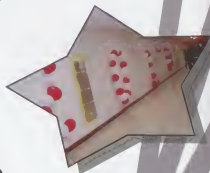
Gladiola

Class Motto:

**"If we can't do
it, it can't be
done!"**

Class Color:

**Black and Lime
Green**



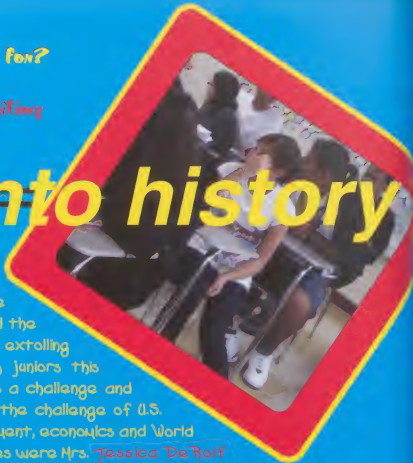
EVIL Geniuses



**What does AP stand for?
Abuse and Punishment..**

- Mr. Kirk Whiting

Blast into history



Blasting back into history, the social studies department tackled the world's most heinous of villains while extolling the heroes of yesterday. Many Juniors this year decided to give themselves a challenge and took AP History. Others took on the challenge of U.S. history, World Geography, government, economics and World History. The captains of the classes were Mrs. **Jessica DeRolf** who fearlessly taught World History and Mr. **Kirk Whiting** who battled it out with U.S. history, AP history, Psychology and AP psychology. Mr. **Jeremy Moore** boldly challenged his students by teaching government, economics, and U.S. history. Mr. Whiting had a student teacher, Mr. **Thomas Gilman**, join his force of teaching. He brought with him a secret weapon, a new perspective of teaching history with enhanced technology to bring history to the present.

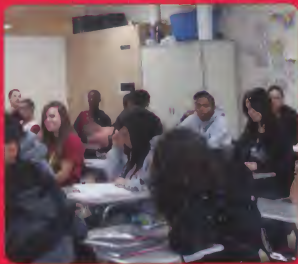




The Juniors in History class are surprised with their scores from the Homestead Strike essays. The courses covered Imperialism through present day.



Junior Dalton Vernon is figuring out the different types of schools in Psychology. He debated on which schools are the most interesting.



The freshmen are learning about Ancient Greece. They had to present reports about the Greek gods and goddesses.

"Your education will set you free."

- Mrs. Cynthia Gil

Foreignnators



This year many students participated in a foreign language. They had a choice between French with Mr.

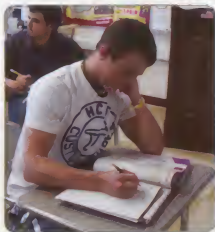
Timothy Baron or Spanish with Mrs. Cynthia Gil.

Each class took several field trips including Christmas Trees Around the World, to the Alliance Française in Chicago and Folklorico Ballet. Along with several trips, both the Spanish and French classes participated in many projects. Mr. Baron's French classes made Mardi Gras masks, Paris monuments and French houses. The Spanish classes made papier mâché masks that Mrs. Gil said was very tedious and that she probably would not try again. Although taking a foreign language class can be difficult, Mr. Baron says that it is important to learn because it is educationally beneficial and helpful to know more than one language. New technology has made teaching a foreign language easier in that both teachers can show authentic videos from each respective country.





Seniors **Lucina Aguilera**, **Arriana Garmen**, **Angela Hollar**, and **Yasme Hernandez** model their masks and float for Mardi Gras. Each French class was required to create masks in celebration of the French holiday.



Junior **Tyler Brown** studies his Spanish notes to prepare for his last final of the year. This was Tyler's third year in Spanish.

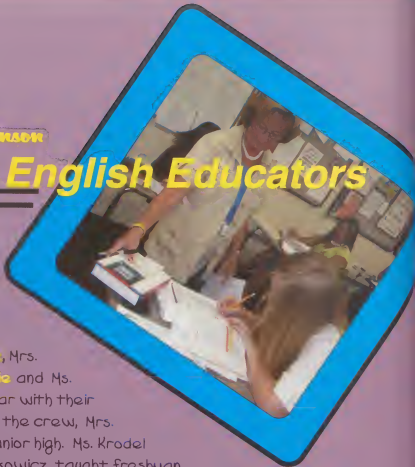


French classes enjoy lunch at Cafe Fondue. Mr. **Rocky Baron** took the French classes to this restaurant to experience authentic French cuisine.

"English Honors was a great experience for future college classes."

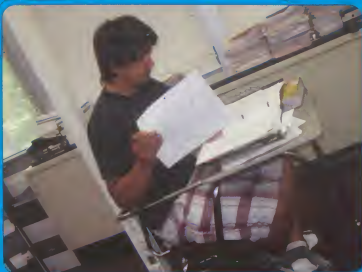
-Junior **Tyler Hanson**

Extraordinary English Educators



The spectacular wonder women, Mrs. **Sandra Mihalik**, Mrs. **Patty Sparks**, Mrs. **Rebecca Mackowicz**, Mrs. **Tara Kingston**, Mrs. **Danielle Stobie** and Ms. **Molly Krudel** had a tremendous year with their classes. Welcoming a new heroine to the crew, Mrs. Kingston taught speech as well as junior high. Ms. Krudel along with Mrs. Sparks and Mrs. Mackowicz taught Freshman through junior classes, while Mrs. Stobie tackled Freshman English and junior high classes. Mrs. Mihalik stuck to her seniors with the exception of keeping her junior honors class close within her power. The students this year were asked to do many tasks; for example, Mrs. Stobie's classes were asked to do a full research paper. This was quite a task, but of course a job well done was rewarding. Mrs. Mihalik took her A.P. senior class and junior honors class to two plays this year: "Comedy of Errors" and "The Taming of The Shrew".





Junior **Matias Bosa** studies during second hour English for his upcoming final. Matias said that he enjoyed the challenge of taking English Honors.



Sophomore **Timothy Hendrix** helps out his fellow classmate sophomore **Cassidy Shephard** with her vocabulary in Mrs. Sparks English 10 class. Each English class gave vocabulary test in order to improve ISTEP, ACT and SAT scores.



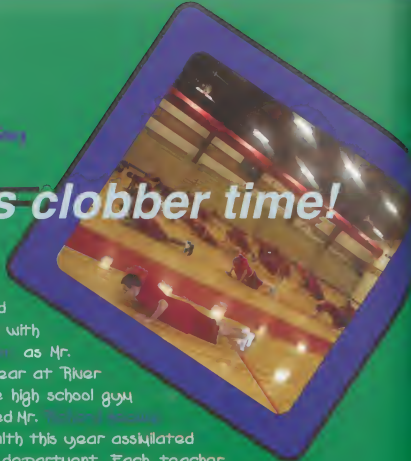
Sophomore **Jonathan Kinnas** presents his speech on his dream house with help from sophomore **Markus Kato** to his sixth hour class. A number of different speeches were given throughout the year.

"To insure good health, eat lightly, breathe deeply and maintain an interest in life."

- Sophomore Susan Fleming

It's clobber time!

The physical education and health department was clobbered with a new teacher, Mr. Richard Thomas, as Mr. Frank Thomas started his third year at River Forest, and his first year as the high school gym teacher, replacing recently retired Mr. Richard Thomas. The students taking P.E and health this year assimilated well to the changes within the department. Each teacher prepared his or her "hulks" for their daily routines and conditioning by individual exercising, units on various sports and participating in the Presidential Fitness Test. Ms. Thomas also gave her classes tests for the activities in which they participated. Each teacher also taught sections of health, both in junior high and high school. Most of the health classes dealt with the subjects of proper dieting, healthy decision making and avoiding substance abuse. This super trio worked hard to warn their students about the evils of an unhealthy lifestyle.





Mr. Brown explains to Junior how to lift weights properly. In addition to classes during the day, the weight room was open to any student or faculty member who wanted to exercise after school.



Ms. Brown explains to her fourth period the importance of keeping the muscles in shape. They were preparing for their physical fitness test, which they take twice a year; once in the fall and again after spring break.



Senior lifting coach spots senior during weight-lifting class. Weight-lifting helped athletes stay in shape during the off-seasons.

"I enjoy Mr. Summerville's math lab class. It helped me a lot."

-Junior Melissa Bravo

The Masterminds of The Operations

The forces of science and mathematics took on a great deal of challenges. New to the force, Ms. Kristina Halston, defeated the challenge of teaching earth science. Veteran Mr. Jack Burton was still going strong enforcing the knowledge of Algebra II and geometry to our fellow Ingots. Ms. LuAnn Forste took on the challenge of creating masterminds in both Biology I and honors Biology II. Mr. Rusty Copeland used his powers to inflict as much Algebra I, pre-calculus/trigonometry and Advance Placement (AP) Calculus into the minds of his students. In Mr. Michael Slys chemistry and AP chemistry classes, the students learned new formulas. Mr. Roy Summerville's second year of teaching mathematics lab, geometry and Algebra I went by with great achievements from his students. As for Mr. Anthony Daron's practical math classes, they went by in a flash of great success.





Senior Zi Ling is working out a problem with Mr. Rusty Copeland. The students worked out regularly on the board different equations.



Sophomore Daisy Arguelles writes down the day's assignment. They were comparing congruent angles.



In Mr. Roy Summerville's math lab, Juniors Melissa Bravo and Robert Keene are forming an alliance to defeat the equations. In the end they won the battle and recieved an "A".

Industrial Arts is the only class that lets you decide the work you do, and I like that."

Freshman Molly Balogh

The Terrific Techs



Mrs. Patty Mastaj, the new web design teacher, flew through the doors "ready to teach". With the awesome Smart Lab equipment, she and her amazing techs completed many projects this past year. Included in the lab was K'nex kits, Fisher technix kits, laser technology, video recorders, digital cameras and Lego robotics. Students completed many projects throughout the year. Some of which were time lines, photoshopping different types of photos, making their own music and videos, drawing and painting, Lego and K'nex building, two way circuiting and lasering. Mr. Paul Murray also had big plans for his Engineering and Technology Education classes. Manufacturing students made four required projects and one project of their choice. In design processes, students learned aspects of design and manufacturing not covered in the first course. Mr. Murray stated, "All students got a chance to work with the different types of equipment in the industrial arts classroom, whether it be small hand tools all the way to operating machinery."





Sophomore Michael Maldonado and senior Keerle Doring are deciding which models to build in technology class. Keerle and Michael decided to build model planes out of Legos with a little help from an instruction manual.



Freshman Kyle Burgess is working on the neutron and proton models in smart lab. He learned how they work against and with each other.



Senior Brandon Neyhart is trying the planer machine for himself after Mr. Murray demonstrated. Brandon helped other students master this machine after he conquered it.

"The difference between school and life? In school, you're taught a lesson and then given a test. In life you're given a test that teaches you a lesson."

-Mrs. Michelle Katsamias

Life Savers



Continuing their fourth year teaching the life skills classes, Ms. Bridget Parkerson and Mrs. Michelle Katsamias rescue the classes from sheer destruction. "Life skills teaches independence and self-sufficiency to achieve personal and academic goals," stated Ms. Parkerson. This year the life skills classes learned social, job and independence skills for the future. The classes participated in many school activities including choir, sporting events and school dances. The classes also went on field trips which were utilized to encourage the skills learned in the classroom and within the community, for a hands-on learning experience. Other activities the students participated in were working at the Hobart library. Furthermore, the students also helped clean the cafeteria after lunch in order to prepare them for caring for themselves.

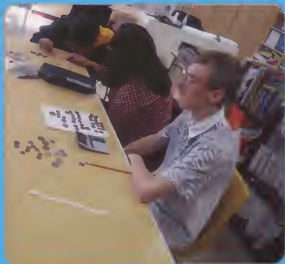




Sophomore **Mary Kay** and Junior **April** team up their work with super sonic speed. April was a choir member and participated in the concerts throughout the school year.



Junior **Anthony Green** annihilates a project on which he is working. The class worked on many projects in and outside of the classroom.

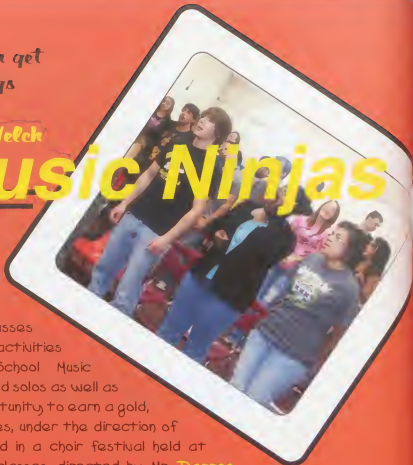


Junior **Jacob Roberts** concentrates on counting money. When asked about the class, Jacob commented, "It's really fun and I enjoy the things we learn."

"Band is awesome because you get to do so many different things and it's like one big family."

-Junior **Brett Welch**

Music Ninjas



This year's band and choir classes participated in several different activities including ISSMA (Indiana State School Music Association) where students performed solos as well as ensembles. They were given the opportunity to earn a gold, silver or bronze medal. The choir classes, under the direction of Mrs. **Lauren Knust**, also participated in a choir festival held at North Newton High School. The band classes, directed by Mr. **Darren Day**, went on their bi-yearly trip to Disney World to march down the main street of the Magic Kingdom. Although both the choir and bands consisted of a great number of seniors, Mr. Day and Mrs. Knust believe that they will be gaining a great deal of talent in the upcoming class of freshman. As a goodbye to this year's seniors, Mrs. Knust gave each senior the chance to perform either a group ensemble with other students in the class or a solo at their end of the year concert. The band geared up for summer practices before marching in both the Lake Station and the Hobart Fourth of July parades.





Freshman Tyah Fontanes rehearses his piano piece with Mrs. Knust for the high school graduation. They sang "I'm Not Gonna Cry" by Cory Smith.



Students in Mrs. Knust's choir class prepare for their upcoming concert. The students sang songs from the group Journey to The Jackson 5.



The band marches down the street for the "Magic Music Days" parade at the Magic Kingdom at Walt Disney World. Marching in the Magic Music Days has been a band tradition at River Forest since 1985.

"Art is a great way to be creative
and show my personality!"

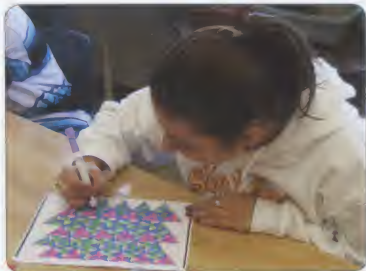
-Senior Brandon Nephert

Powerful Painters & Culinary Connoisseurs

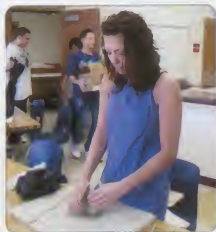


This year students were given the opportunity to opt for either Home Economics or art as their elective. Instructing art for her 35th year was Mrs. Gloria Kojosa. In contrast to Mrs. Kojosa's years of experience, Mr. Javier Jaramila was only in his second year of teaching Home Economics. The art classes this year participated in various projects such as clay figures, wire sculptures, and watercolor paintings. Next year, Mrs. Kojosa will add an Advanced Placement Art class for students with superior artistic talent. Home Economics classes learned how to sew materials and do laundry. A major portion of the students' coursework was based on cooking and how to prepare different dishes, such as cookies, pizza and other desserts. Students also learned the importance of a healthy diet.





Sophomore **Martina Kozak** works to finish her 3-D art project. Students used supplies that ranged from colored pencils to pastels to complete their tasks.



Senior **Wally Kuzin** forms her clay for her pottery project. Students were given the choice to create anything they wished with their clay.



Junior **Jesse Vance** cuts and measures his clay material before beginning his project. His meticulous efforts would eventually result in a mask.



Who's
Your Favorite
Hero?!





Dawn Aguilar



Elizabeth
Allman



Roxana
Atilano



Bryan Avalos



Michael Bach



Edward Baker



Molly Balogh



Mitchell
Baughman



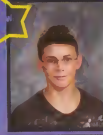
Tyler Bernard



Sarah Best



Candice
Bobczyk



Andrew Bottos



Melissa Breese



Brandon
Brooks



Ryan Brown



Kyle Burgess



Patricia Burgos



Santiago
Burgos



Angel Camacho



Dominique
Campbell



Richard
Cannon



Fernando
Cardenas



Tatyana
Cavada



Cassandra
Cervantes



Thomas Choate



Michelle Davis



Tommie Dennie



Sherilyn Dixon



Chance Doring



Heather Easton



Julia Espinoza



Esther Evans



Naomi Evans



Jazmin Fontanez



Jayson
Fosnaugh



Lindsey
Gaffner



Halley
Gallagher



Heldy Gallegos



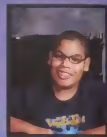
Consasha
Garcia



Ashley Gill



Gabriella
Gonzalez



Pedro Gonzalez



Cameron
Gordon



Jason Quel



Orlando
Guerra



Jasmine Guess



Tachina Harris



Jeffrey Haslett



Stephan Hawkins



Darlan Howell



Brittney Hunt-
Gettig



Kara Janes



Nycole Janes



Nicole Justus



Brianna
Kennedy



Bradley Knotts



Katelyn
Kroledge



Jamie Layton



James Lewis



Alan Little



Emily Long



Fernando Lopez



Kassandra
Lopez



Devon Lynch



Fabiola
Martinez



Michael Martinez



Zabrina
Martinez



Breanna Mata



Kelly McGowin



Brian Mikula



Milagro Miranda



Andrew Mitol



Mary Norman



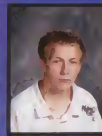
Robert Norman



Linda Olmo



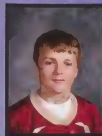
Alejandro Ortiz



Ryan Peksenak



Eric Pendleton



Justin
Pennington



Consuelita
Perez



Olymary Perez



William Perez



Jorge Qulles



Joseph Ramirez



Anisa Ramos



Sidney Ramos



Illiana Rodriguez



Israel
Rodriguez



Joel Rodriguez



Juan Rodriguez



Brandon Rogers



Michael Rosario



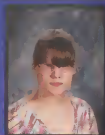
Steven Ross



Martin Santiago



David Sass



Samantha
Schmidt



Dalton Sluder



Dominique
Smith



Kayla Smith



Delse Sorla



Taylor Stack



Jonathan
Swartz



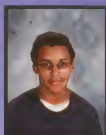
Jacquelynn
Swisher



Shante Vazquez



Priscilla
Villarreal



Justin Warren



Dariana
Washington



Marcus West



Aracely
Arguelles



Daisy Arguelles



Briselda Avalos



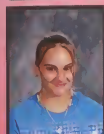
Jonathan
Ballestas



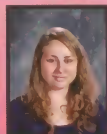
Jazzmin
Barnett



Ryan Bisping



Stacy Bottos



Cristina
Bredicean



Brian Breese



Jesus Calderon



Jaime
Cervantes



Mariela Chavez



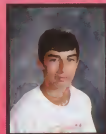
Alexa Clark



Cody Clark



Jacob Diaz



Ramon Diaz



Domineque
Dodds



Juanita
Dominguez



Brandon
Dothager



Rekla Duff



Misty Eoff



Sara Fleming



Danielle Flores



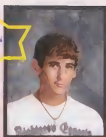
Jessica Galle



Richard Garcia



Alex Gary



Anthony
Gonzalez



Bianca Gonzalez



Alan Goodyear



Sady Gould



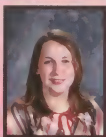
Emily Hanna



Tracy Harper



Clarence
Harris



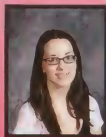
Tiffany Hefner



Caitlin Hendrix



Clara Henry



Felicia Hunter



Ryne Hunter



Bryanna
Kaehler



Jonathon Kallok



Jamesha Lewis



Michael
Maldonado



Benjamin
Martinez



Juan Martinez



Roberto
Martinez



Sueann Mason



Kenneth McKay



Taylor McKay



JaJuan Mckee



Carlos Medellin



Tiffaney Medina



Sara Medrano



Jessica Melikova



Timothy Mendez



Catalina
Miranda



Candace
Monnier



Paris Moore



Hayley Morris



Ashley Moss



Dexter Nails



Timothy
Obermeyer



Iris Olmo



Kristin Passon



Richard Poe



Nicholas
Ramirez



Joel Ramos



Terrance
Rayner



Jacklynn Rice



Glisselle
Sanchez



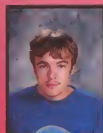
Destiny
Shepherd



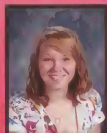
Jose Sinaloa



Austin Smith



Matthew Smith



Cathy Smoien



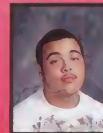
Dylan Smotek



Heather
Sonntag



Marisa Sotelo



Robert Soto



Jennifer Surer



Desiree Swartz



Timothy
Szparaga



Jason Temple



Mona Thomas



Mario Torres



Brandon
Walters



Hasonle
Walters



Joseph
Westbrook



Candace
Windsor



Carlos Yanez



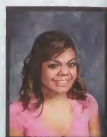
Danielle Young



Christopher
Ables



Abby Anderson



Alexandra
Ayala



Matias Bach



Brandon
Baughman



Jamie Bellar



Zachery
Blackwell



Melissa Bravo



Kayela Brewer



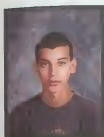
Ashley Bryant



Katelyn Buehler



Dale Burge



Edwin Burgos



Amanda Burns



Beth Clark



Veronica
Collazo



Trebor
Crofton



Meghan Davis



Tabitha Day



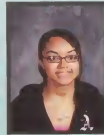
Adriana Dema



Amit Dewan



Emilio
Dominguez



Brittanie Dotson



Robert Dyson



Ashley Espinoza



April
Evanauskas



Amanda Flud



Ariel Garza



Melissa
Godines



Andrew
Gonzalez



Scott Quel



Juan Gutierrez



Skyler Hansen



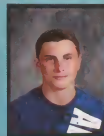
Tyler Hanson



Dianna Haynes



Jonathan
Hazelton



Michael Hough



Kevin Jaime



Fred James



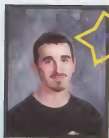
Jazman Jones



Jimmy Jones



Joslynn
Kowalewski



Johnnie Latta



Eden Leon



Brittany Long



Ernesto Lopez



Joel Lopez



Michael
Manning



Robert Martin



Alma Martinez



Guillermo
Martinez



Stephanie
Mason



Dylan McPhee



Benjamin
Medina



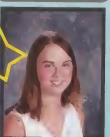
Nina Mitchell



James Norman



Vivian Nunez



Kristen Oliver



Richard
Pennington



Jessica Perez



Orlando Perez



Jacquelynne
Piekarski



Hayley Plesyk



Richelle Poe



Joseph Puskac



Carlos Ramos



Kristopher
Raymond



Michael Rogers



Mary Salinas



Giovanny
Sanchez



Austin Schmidt



Susan Seber



Cheryl
Slomczewski



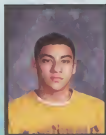
Anthony Smith



Scott Smolen



Jesus Sorla



Milton Soto



Charles Suftko



Jacob Swartz



Stephanie
Szparaga



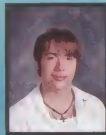
Marlo Termini



Dalton Vernon



Heather
Watson



Brett Welch



Judge Yanez



Chase Young



Marissa Young



Serena
Zambrana



Heather
Barkauskas



Ricky Baron



Jack Burton



Karen Chontos



Rusty
Copeland



Darren Day



Jessica Derolf



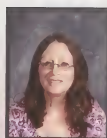
Anthony Duron



Maria Escoto



Erica Faulkner



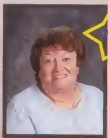
Ellen Fay



Luann Forste



Cynthia Gil



Barb Grassi



Jason Green



Lauren Knust



Gloria Komosa



Molly Krodell



Michelle
Kutemeier



Dennis Leonard



Rebecca
Mackowicz



Angie Martinez



Patricia
Mastel



Sandra Mihalk



Elizabeth
Miranda



Jeremy Moore



Paul Murray



Bridget
Parkerson



Jason Quigg



Gale Robertson



Shayne Snider



Danielle Stoble



Roy
Summerville



Brian Wesley

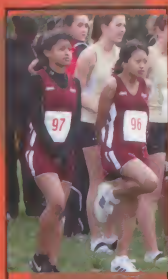


Kirk Whiting



Andrew Wielgus

WHO'S
TEAM ARE
YOU ON?!



Soaring

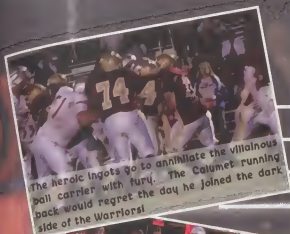
For the Win

The 1998 Forest football team fought hard against the villains of the Greater South Shore Conference (GSSC) all year. The boys first conquered their rival, the Edison Eagles. A month later they had yet another victory against Bishop Nolan, meeting their goal of achieving more wins than their previous season. This year's sectionals were played against North Judson, and although the team played a long and vigorous game, they fell short of their victory in the end. The team was led by four-year head coach **Jeff Bean**. Assisting him were coaches **John Torres**, **John Thomas**, **Brian Waskow**, **Richard Pennington**, and **Jeremy Moore**. At the awards banquet, players **Benjamin Pennington** and **Joseph Puskac** received the Most Valuable Player award. Junior **Robert Puskac** received a Most Improved Award and senior **Jeffery Oberbauer** received Most Improved player.

FOOTBALL



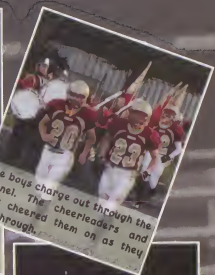
Row 1: Robert Wade, Jake Diaz, Ben Oberbauer, John McElough, Coach Richard Pennington, Coach Jeremy Moore, Michael Hoxsey, Mario Thomas, Row 2: Les Santos, Austin Smith, Coach Richard Pennington, Jeff Puskac, Ben Oberbauer, Coach Richard Pennington, Baby Jack Zambrana, Coach John Thomas, Carlos Puskac, Row 3: J.V. Vanez, Joseph Puskac, Fred James, Tyler Hanson, Timothy Mendez, Coach John Thomas, Coach Jeff Bean, Joey Pennington and Chase Young.



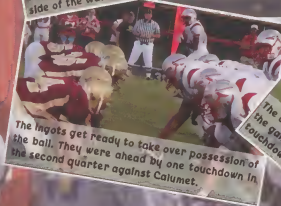
The heroic Ingots go to annihilate the villainous ball carrier with fury. The Calumet running back would regret the day he joined the dark side of the Warriors!



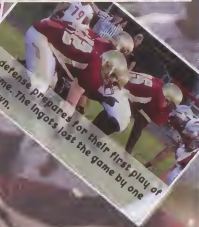
The Ingot defense soars across the field to defeat nemesis Calumet. Effort and endurance were abound for the defense.



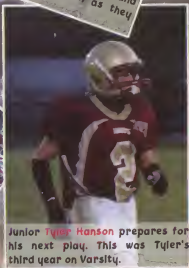
The boys charge out through the tunnel. The cheerleaders and fans cheered them on as they ran through.



The Ingots get ready to take over possession of the ball. They were ahead by one touchdown in the second quarter against Calumet.



The defense prepares for their first play of the game. The Ingots lost the game by one touchdown.



Junior **Tyler Hanson** prepares for his next play. This was Tyler's third year on Varsity.

THE SCORE

	Us	Them
Bowman Academy	8	20
Eau Claire	0	39
Lake Station	38	18
Calumet	0	67
North Newton	0	30
Wheeler	0	57
Bishop Noll	28	10

W-2 L-8



This year's senior spotlight goes to **Anthony Pelka**. This was his fourth year playing varsity football. Anthony was also chosen as this year's Mr. Football by his fellow teammates. After graduation Anthony plans to go to Manchester College to become a Physical Therapist.

Speed Demons

Bang! The gun sounded and the cross country team was off! The turn out for the team this year was greater than the last. The newcomers to the team were freshmen **Brian Mikulaj** and juniors **Roby Purnawan** and **Novita Fahui**. Mr. **Rusty Copeland** coached for the fifth year in a row. This year the team set goals for themselves; to win conference and move on from sectionals. Although they did not meet them, the team felt they were still successful considering the competition they faced. When being asked about the season, coach Copeland remarked, "The season was successful. Many of the runners set their personal best times at multiple meets." Juniors **Mary Salinas** and **Dylan McPhee**, along with seniors **Ryan Smith** and **Arturo Vega**, all placed better at sectionals than in previous years. "We all had a great year and are looking forward to the next," stated coach Copeland.

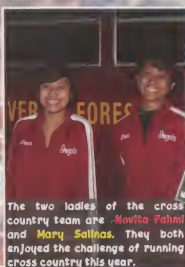
CROSS COUNTRY



Front row: Novita Fahui, Roby Purnawan, Mary Salinas; back row: Brian Mikulaj, Ryan Smith, Brandon Nayhart, Dylan McPhee and Coach Rusty Copeland.



Though cold, the two ladies of the team were ready to race. This year junior **Mary Salinas** was named most improved.



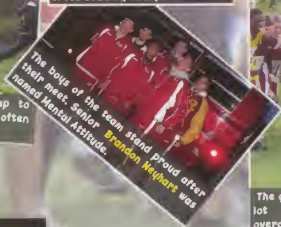
The two ladies of the cross country team are **Novita Fahmi** and **Mary Salinas**. They both enjoyed the challenge of running cross country this year.



The runners stretch before they get ready to zoom on the course. Freshmen **Brian Mikulaj** was named Most Improved.



The runners take a quick warm-up lap to stretch their muscles. The team did this often so they would be ready to run.



The boys of the team stand proud after their meet. Senior **Brandon Neuhart** was named Mental Attitude.



The guys start their race with a lot of energy. The team overcame many challenges this season.

PERSONAL BEST TIMES

Runner	Best Time
Mary Salinas	22:53 Hobart Inyite
Novita Fahmi	29:27 River Forest
Roby Purnawan	26:05 Sectionals
Ryan Smith	19:24 Highland Inyite
Brandon Neuhart	22:03 Sectional
Dylan McPhee	17:57 Hobart Inyite
Arturo Vega	19:08 Hobart Inyite
Brian Mikulaj	21:53 New Prairie Inyite



SENIOR SPOTLIGHT

Senior **Arturo Vega** was chosen as this year's senior spotlight because of his leadership skills. When asked about Arturo, coach Rusty Copeland remarked, "Joey Vega had a fantastic season. He was my number one or number two runner in every race this year and my top runner at sectionals. His leadership skills separated him the most this year. Joey would be at every practice wanting to push himself and his teammates."

Sparks of Fire

At the beginning of the season, it was rough for the River Forest volleyball squad, but they quickly improved. They finished with a 500 season with a record of 15-16, which happened to be River Forest's best record since 2006. This year at sectionals, the girls surprised all of Northwest Indiana by defeating the number eight ranked team Bishop Noll Institute. Although the girls were defeated for the second time in the championship by the Wheeler Bearcats, they still tried their best to win. This was coach Patty Sparks's first year as head coach and she stated, "I am very proud of them and I consider it a victorious season." During awards night, senior **Bethany Galligan** and sophomore **Desiree Swartz** were honored Most Valuable players of this year. Junior **Abby Anderson** received the Most Improved award and senior **Natalie Garza** also earned the Cynthia Sawyer Mental Attitude award.

VOLLEYBALL



Volleyball: front row: Natalie Garza, Ashley Nieves; row 2: Desiree Swartz, Sara Fleming, Melisa Manchaca, Ariel Garza, Abby Anderson, Brittany Kennedy; row 3: Coach Austen Robison, Bethany Galligan, Katie Bushler, Coach Patty Sparks, Margaret Diaz, Meghan Davis and Jesus Soria.



Girls: front row: Sara Fleming, Tamara Aguilar, Braanna Mata, Melissa Bushler, Ariel Garza, Catalina Miranda; back row: Coach Austen Robison, Heather Easton, Sarah Abdelhadi, Chris Hoot, Kayla Smith and Coach Patty Sparks.



Senior **Bethany Calligan** spikes the ball past the defenders. She led the team in kills and aces.



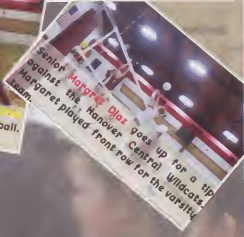
Sophomore setter **Natalie Diaz** is back setting the ball during senior night. This was her first year playing varsity.



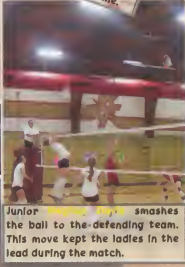
As her team looks on, **Natalie Diaz** receives the serve. Natalie was a passer which earned her Varsity game time.



Junior back row specialist libero **Abby Diaz** slides on her knees to save the ball. This was Abby's third year on Varsity.



Senior **Margaret Diaz** goes up for a tip against the Hanover Central Wildcats. Margaret played front row for the varsity team.



Junior **Meghan Doyle** smashes the ball to the defending team. This move kept the ladies in the lead during the match.

THE SCORE

Teams	W/L
Oregon-Davis	L
Morgan Township HS	L
LaCrosse HS	L
Robert Invitational	L
Robert	L
Lake Station HS	L
Kouts HS	L
Clayton Gault	L
Calawat HS	L
North Newton HS	L
Washington Township HS	L
Wheeler HS	L
Gary Roosevelt	L
Bishop Mol Institute	L
Washington Turp. Invitational	L
Gary Wallace	L
Whiting HS	L
South Central (OH)	L
Westville HS	L
Boone Grove HS	L
Marquette Catholic	L
Hanover Central HS	L
Clayton Clark HS	L
Habron HS	L
Sectional Championship	W-L



SENIOR SPOTLIGHT

This year's 2009-2010 volleyball Senior Spotlight goes to **Melissa Menchaca**. She was picked because of her hardwork, talent and dedication to volleyball over the past three years. Although volleyball took up much of her free time, Melissa felt every second of practice was worth the time she got on the court. She really stepped up this year and took on a great leadership role, always encouraging her fellow teammates to try their hardest.

Tennis Titans

Yay! Booy! These were some of the sounds during the summer as the boys tennis team prepared for the 2009-2010 season. Starting the year with a new coach, Mr. Rodney Thompson, the boys were nearly invincible with a record of thirteen wins and a mere two losses. When asked about the season's record, Coach Thompson said, "It has been very successful. Our record is one of the best in the school's history." Some of the team's key wins were against Lake Station and Gary Roosevelt making the boys sectional champs and landing them a spot in regionals. A few major players making the season possible included senior Richard Perez and junior Scott Guel who both won Most Valuable Player, senior Shane Campbell and junior Dylan McPhee, who both received Most Improved Player and senior Matt Diaz who was awarded the Mental Attitude Award.

TENNIS



Front Row: Ryan Smith, Dylan McPhee, Brian Breese, Brandon Dothager, Jonathan Hazelton; back row: Coach Sal Guel, Shane Campbell, Richard Perez, Scott Guel, Matt Diaz and Coach Rodney Thompson.

Junior **Anton McQueen** prepares to slam the ball down on his arch nemesis. Dylan played number three singles for two years.

Senior **Shane Campbell** stands against the forces of evil and returns his enemy's serve. Shane played number one singles.

Senior **Matt Diaz** serves to his opponent. Matt was victorious in his match against the Lake Station Eagles.

Number one doubles partners Junior **Scott Scott** and senior **Richard Perez** unite to bring down their opponents. Scott and Richard were undefeated in all their regular season games.

Junior **Scott Scott** calls the ball out for his doubles partner **Matt Diaz**. This was Scott's second year participating in tennis.

Senior **Ryan Smith** swings low for a fast serve. Ryan used his super powers to lead the team to victory during sectionals.

THE SCORE

Hobart	3-2
Lake Station	3-2
Hammond Clark	5-0
Marquette	5-0
Hammond Morton	4-1
Bishop Noll	3-2
Wheeler	2-3
Hammond Gavit	3-2
Calumet	3-2
Gary Roosevelt	4-1
Griffith	3-2
Hammond	5-0
Sectionals	5-0
Sectionals	3-2
Regionals	0-5

W-13 L-2

SENIOR SPOTLIGHT

"Tennis is a complex sport that takes a lot of stamina and practice," remarked senior **Shane Campbell** when asked about the sport. Shane has been playing tennis all four years of high school and hopes to continue in college where he plans on majoring in the medical field. Shane leaves the underclassmen with this advice: "Practice non-stop until you get the right technique that works for you and enjoy yourself while playing."



Lady Ingot Ballers

Fourteen to seven. The first winning season in eight years and the second best winning season in school history can be accredited to the varsity girls basketball team. Starting fresh with a new varsity coach, Mrs. Courtney Quigg and new J.V. coach Mr. Michael Shys, the team had their mind set on big wins. While they fell short of their ultimate goal of bringing home the first River Forest Lady Ingots' sectional title, they did exceed expectations by placing third in the Greater South Shore Conference. The most challenging obstacle the team had to overcome was the lack of numbers, but clearly that did not stop the Lady Ingots! Coach Quigg chose senior Bethany Galligan along with juniors Mary Salinas and Katalyn Buehler as the varsity captains for this year. "The team chemistry was awesome to watch, and was a lot of fun to coach. They truly enjoyed winning and after being around these girls the last few years, I finally saw them hate to lose," stated coach Quigg.

GIRLS BASKETBALL



Varsity row 1: Mary Salinas, Kayla Smith, Ashley Noland, Ashliett Diaz, Desiree Swartz, Mrs. Courtney Quigg, Katalyn Buehler, Veronica Collazo, Coach Michael Shys; row 2: Jessica Ward, Cassandra Orr, Melissa Menchaca and Bethany Galligan.



J.V. row 1: front row: Tatiana Cavado, Veronica Collazo, Desiree Swartz, Bryanna Kaehler; row 2: Kayla Smith, Jacquelynne Piekarshi, Paris Moore, Heather Easton and Coach Michael Shys.

The J.V. tries to retrieve the ball by playing mad defense on their opponents. Even with small numbers, the J.V. successfully pulled off eight wins.

The girls, along with coach Mr. Michael Siys, put their hand in to do a team break. This was Mr. Siys' first year coaching girls basketball.

Junior Katelyn Buehler goes for a rebound. Katelyn was one of the starting posts for all of the games.

Coach Quigg gives the team a quick pep talk before they return to the game. "I was very excited about coaching varsity," stated Coach Quigg.

Senior receive a pass. Melica was one of the few on Coach Quigg's first team in 8th grade.

Varsity girls form lines to do lay-ups for the start of warm-ups. The varsity did numerous passing drills before each game.

THE SCORE

Hanover Central	51 - 39
Griffith	39 - 75
Boone Grove	35 - 50
Morgan Township	43 - 30
Bishop Noll	47 - 32
Whaeler	48 - 54
M.C. Marquette	57 - 35
South Central	46 - 42
Whiting	45 - 33
Lake Station	56 - 42
Haymond Clark	74 - 39
Caluget	35 - 56
Covenant Christian	50 - 33
North Newton	60 - 59
Abebron	56 - 46
GSSC Tourney	66 - 38, 49 - 60
Kouts	48 - 57
Westville	51 - 34
Washington Township	54 - 45

W-14 L-7

SENIOR SPOTLIGHT

Senior Bethany Quilligan was one of two to win this year's M.V.P. Bethany was starting point guard every game, and was also one of the three team captains. She averaged five assists and 16 points each game. "Bethany is an incredible basketball player, and God has blessed her with many talents on the court. She is leaving big shoes to fill," stated coach Quigg.

Beastin' Ballers

"BEAST MODE!!" was the anthem of the year's boys basketball team. The season started off with great fury, bringing back many returning players and newcomers as well. "Good team chemistry was a new gain this year," said Coach Jason Quigg. "The team had a winning attitude. It seems that a different player stepped in each game." This year the team chose seniors Richard Peraz, Baby Jack Zambra and Ryan Smith as team captains. An always anticipated game this year was against Lake Station. The boys defeated rival Lake Station twice during the season. They wanted the same outcome for the sectional game against Wheeler. At halftime, the boys were beating the number one ranked school in the state, but then were defeated marginally by a final score of 40-64. At the awards banquet, MVP went to sophomore Richard Garcia, Most Improved to freshman Stephen Hawkins and Mental Attitude to Richard Peraz.

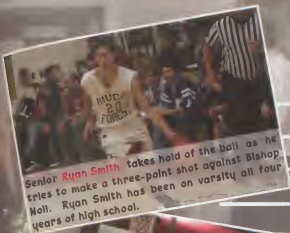
BOYS BASKETBALL



Varsity: Back row: Charles Suftko, Coach Jeramy Moore, Coach Jason Quigg, Coach Joe Burleson, Edwin Burgos; front row: Richard Garcia, Ryan Smith, Baby Jack Zambra, Richard Peraz, Jessie Allen, Stephen Hawkins, Masonie Walters, Andrew Eskridge, Benjamin Medina, Joseph Puskac, Dylan McPhee and Javie Cervantes.



Junior: Back row: Charles Suftko, Chase Young, Milton Soto, Mario Torres, Justin Pannington, Rayon Diaz, Fernando Cardenas, Kelvin Taylor, Gianni Kennedy, Terrance Rayner, R.J. Martinez, Brian Ayalos, Edwin Burgos; back row: Coach Jeramy Moore, Coach Jason Quigg and Coach Joe Burleson.



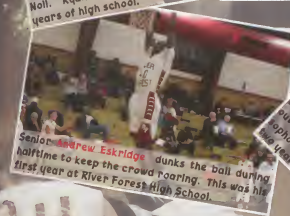
Senior **Ryan Smith** takes hold of the ball as he tries to make a three-point shot against Bishop Noll. Ryan Smith has been on varsity all four years of high school.



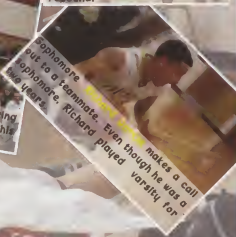
Sophomore **Jaime Comanche** attempts to grab the ball but misses. A teammate made the rebound.



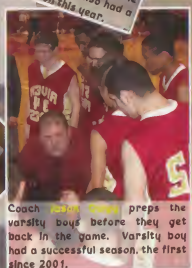
Juniors **Kelvin**, **Jamie**, and sophomores **Kenner** and **Gabe Kenner** watch their teammates while waiting to be called into the game. Junior varsity also had a successful season this year.



Senior **Andrew Eskridge** dunks the ball during halftime to keep the crowd roaring. This was his first year at River Forest High School.



Sophomore **Richard** makes a call due to a teammate. Even though he was a sophomore, Richard played varsity for his first year.



Coach **John Smith** preps the varsity boys before they get back in the game. Varsity boys had a successful season, the first since 2001.

THE SCORE

LaCrosse	50-44 W
Wheeler	33-75 L
Marquette Catholic	56-51 W
Hobart	40-36 W
Whiting	57-44 W
Covenant Christian	48-33 W
Lake Station	66-49 W
Calumet	53-54 L
Hammond Noll	49-56 L
Lake Station	53-50 W
Whiting	61-47 W
Wheeler	40-64 L
Hebron	48-61 L
North Newton	52-49 W
South Central	38-46 L

W-9 L-6



SENIOR SPOTLIGHT

This year's senior spotlight goes to **Andrew Eskridge**. He was all area honorable mention as well as first team in Greater South Shore Conference. He showed great leadership and knowledge in basketball. His teammates considered him a great player. Andrew isn't sure about where he is going with basketball but knows he has the potential to do great.

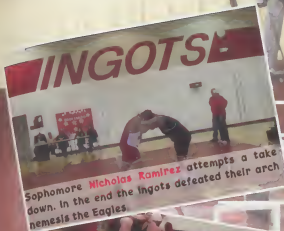
Wicked Whipping Wrestlers

Placing second in the Greater South Shore Conference was a record for this year's wrestlers! The captains were juniors **Tyler Hanson**, **Richard Pennington**, **Michael Manning** and senior **JW Yanez**. The most valuable player was awarded to Richard Pennington and most improved was given to sophomore **Carlos Yanez**. With many returning faces there were also newcomers to the team. One of the improvements from last year was the least experience wrestlers had more success on the mat compared to last year. "Having faced bigger schools, we overcame the odds and came out on top," stated Tyler Hanson. The wrestling team's highlight of the year, was their winning dual meet season, which hasn't happened since 1992. Wrestlers Richard Pennington, Michael Manning, J.W. Yanez and senior **Joseph Cardin** all advanced to regionals. Richard Pennington and J.W. Yanez also advanced to semi state at Herrillville High school. "The season turned out very well, we were one of the top small school wrestling teams in Northwest Indiana," stated coach **Ty Gault**.

WRESTLING



Row 1: Anthony Gonzalez, Roby Purnawan, Ryan Brown, Fernando Lopez, Devon Lynch, Jose Sinaloa, Cameron Gordon, JW Yanez; row 2: Joseph Cardin, Michael Hough, Carlos Medellin, Ruben West, Tyler Burrell, Judge Yanez, Tyler Hanson, Carlos Yanez, Andrew Gonzalez, Steven Pendleton; row 3: Coach Ty Gault, Richard Pennington, Andre Wade, Austin Smith, Nicholas Ramirez, Dylan Ramirez, Tyler Bernard, Orlando Guerra, Michael Manning, Santiago Burgos and Coach Brian Wesley.



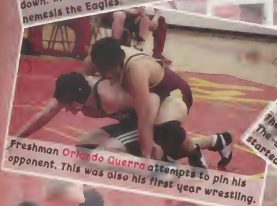
Sophomore **Nicholas Ramirez** attempts a take down. In the end the Ingots defeated their arch nemesis the Eagles.



Freshman **Santiago Burgos** defeats his opponent. This was his first year wrestling.



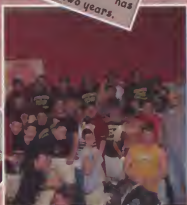
Junior **Richard Pennington** goes for a reversal. Richard has been wrestling for two years.



Freshman **Orlando Guerra** attempts to pin his opponent. This was also his first year wrestling.



The team runs out to do their warm-up lap. The boys were pumped to get the match started.



The team poses after their match. Through the injuries the team still managed to pull off a winning season.

THE SCORE

S.B. Clay	L
North Newton	W
Invitational	W
Whiting	W
Gary Wallace	W
Griffith Super Dual	L
Edison	W
Lake County	W
Hammond Morton	W
GSSC Tournament	W
Andean	W

W-9 L-2



SENIOR SPOTLIGHT

This year's senior spotlight went to **JW Yanez**. JW has been wrestling for three years now, and was one of this year's four captains. When asked about JW Yanez, Coach Gault remarked, "He is one of the mentally toughest athletes at RF, and he set the example for the younger wrestlers. We will miss JW!"

Dynamic Dancers

"We've got spirit. Yes we do! We've got spirit! How about you?" Daring lifts and intricate choreography was seen this year with cheerleading and auxiliary. The girls kept fans and players alike pumped with Ingot spirit as they performed on the sidelines. During the summer, auxiliary participated in the Fourth of July parades in Lake Station and Hobart. The team also sponsored a car wash in order to raise funds and cut costs on team uniforms. During the winter the auxiliary team held a pony-pony camp for the elementary girls. The girls performed the pony-pony routine during half time of the game. The girls also marched at Disney World during the spring. Cheerleading participated in the GSSC cheer competition at Calumet High School. Mrs. **Jessica Derolf** said, "The team did very well at the competition and I was extremely proud of them." To enhance the team's cheering abilities, a plethora of practices were held at Lisa's Gymnastics in Portage. Many of the team's most memorable moments included the time freshman **Stephanie Delph** received her captain's nickname.

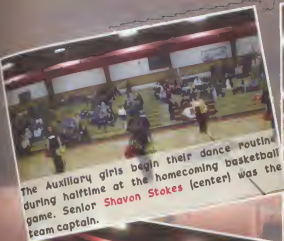
CHEERLEADING AND AUXILIARY



Cheerleading front row: Hauley Piasyk, Anisa Ramos, Heather Watson, Stephanie Delph; row 2: Christina Gawel, Brittany Long, Coach Christina Katschke, Ashley Bryant, Coach Jessica Derolf, Deidra Harra and Renee Parker.



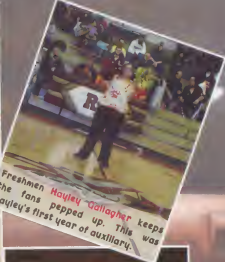
Auxiliary front row: Natalie Garza, Ashley Nieves, Mary Salinas, Dalia Caza, Emily Long, Angelica Castillo; back row: Shavon Stokes, Joslynn Kowalewski, Lindsay Gaffner, Nathalie Viegas, Michelle Davis, Hauley Gallagher and coach Mrs. Kristen Copeland.



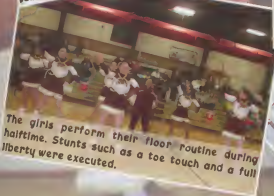
The Auxiliary girls begin their dance routine during halftime at the homecoming basketball game. Senior **Shavon Stokes** (center) was the team captain.



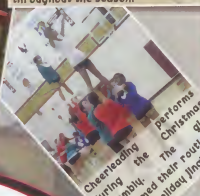
The Cheerleaders spot their fellow teammates **Hayley Phipps** and **Anisa Ramos**. High Flying stunts and routines were performed throughout the season.



Freshmen **Hayley Gallagher** keeps the fans pepped up. This was Hayley's first year of auxiliary.



The girls perform their floor routine during halftime. Stunts such as a toe touch and a full liberty were executed.



Cheerleading the Christmas routine to assembly. The girls performed their routine to a mix of holiday jingles.



The Cheerleaders entertain the crowd during the winter homecoming. The team used pep rallies to prepare for the GSSC competition.

SENIOR SPOTLIGHT

Senior **Renee Parker** was chosen as senior spotlight for the cheerleading team. Renee has participated in cheer all four years of high school and hopes to continue cheer in college. After high school Renee will be attending Indiana University Northwest where she will major in elementary education in hopes of becoming a teacher. Renee leaves the underclassmen with this advice, "Participate in as many activities as possible, keep yourself busy and enjoy the high school experience."



SENIOR SPOTLIGHT

Although this was senior **Shavon Stokes**' first year on the Auxiliary team, she lead the girls as the only senior. "Shavon learned routines quickly, always had a good attitude and helped teach other girls on the team," remarked Coach Copeland. Shavon plans to attend Indiana State University in hopes of becoming an Orthopedic surgeon. Shavon's advice for the underclassmen, "Make a strong foundation now so you're not struggling to keep your head above water senior year."

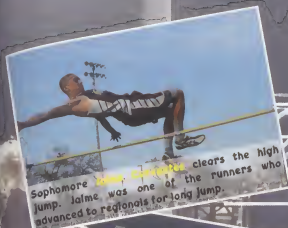
Trekking Track Stars

With a final score of 9-3, these Ingot track runners worked hard to acquire a great achievement for their school. For the past two years, coach **Brian Wesley** was assistant coach of the track team. Last year, Coach **Ju Wartzel** was the head coach when he decided to step down, and have Wesley step up. Coach **Javier Heredia** sat along side coach Wesley, to learn the ropes. The boys also played up to him easily as well. "These boys trained so hard throughout the season and I am glad they had as many wins as they did. That was prize enough for them. I hope next year goes just as well or even better", said coach Heredia. Though all trackstars were valued this year, the standout players were senior **Jesse Allen**, junior **Dylan McPhee**, senior **JW Yanez**, sophomore **Judge Yanez**, and senior **Brandon Newhart**. "I am glad we have such a cooperative team this year. I hope all return in hopes of another great year," said coach Wesley.

BOYS TRACK AND FIELD



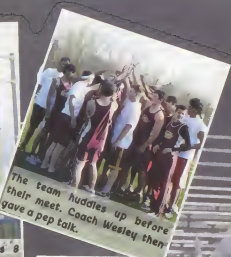
Row 1: Edward Baker, Juan Estrada, Brian Mikulaj, Roby Purnawan, Judge Yanez, Giovanni Sanchez, Ju Wartzel, JW Yanez; row 2: Antonio Garcia, Michael Bach, Matthew Cano, Antonio Gonzalez, Dylan McPhee, Jonathan Flores, Michael Manning, Brandon Arlor, James Lewis, Jaime Cervantes; row 3: Assistant Coach Javier Heredia, Jesse Allen, Jake Diaz, Richard Pennington, Auit Dewan, Fernando Cardenas, Brandon Newhart, Justin Pennington, Anthony Pelka, Ricardo Perez and Coach Brian Wesley.



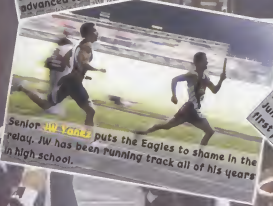
Sophomore **Jaime Carpenter** clears the high jump. Jaime was one of the runners who advanced to regionals for long jump.



Senior **Anthony Pelka** clears 8 feet on pole vault. Anthony set his personal best jump at 10'.



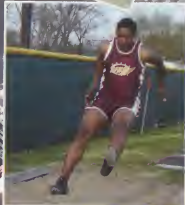
The team huddles up before their meet. Coach Wesley then gave a pep talk.



Senior **WV Yates** puts the Eagles to shame in the relay. JW has been running track all of his years in high school.



The boys kick start the race with a boom. Junior **Dylan McPhie** led this race with first place.



Sophomore **Matthew Watkins** leaps to try to beat his competitor. He succeeded in this challenge.

THE SCORE

Bishop Noll	L
#obart	W
GSSC Tri	W
GSSC Quad	W
Triangular	W
#ebtron	W
#obart Little 5	L
Westville	W
#anover Relays	L
Lowell	W
Washington Twp. Relays	W
GSSC	W

W-9 L-3



SENIOR SPOTLIGHT

Senior Spotlight was given to **Jesse Allan**. Jesse not only participated in track and field but also in basketball. Jesse's outgoing and bubbly personality are some of his great characteristics that make him so easy to get along with on the playing field. Next year, Jesse plans on participating in track and field and basketball again.

Terminating Track Stars

Returning to coach the team for the third year in a row, Coach Lauren Knust and Coach Molly Krudel had another great year. Their players competed hard at track meets and practiced even harder to ensure winning. "The girls worked very hard this year. They all really shone throughout the season. I am very proud of them and I hope next year goes just as well," said coach Krudel. Key players this year consisted of junior Mary Salinas, sophomore Desiree Swartz, senior Sarah Abdelhamed, freshman Dawn Aguilar and senior Kenya Franklin. Mary Salinas and Desiree Swartz were Most Valuable Players this year. Most Improved was Sarah Abdelhamed and Mental Attitude was awarded to Dawn Aguilar. At sectionals, Kenya Franklin advanced into regionals. She placed eighth at regionals in Shot Put and Discus.

GIRLS TRACK AND FIELD



Row 1: Sara Maying, Mary Salinas, Dawn Aguilar, Tiffany Medina, Ashley Espinoza, Angelica Calvillo, Nathawan Senthaporn; row 2: Bryanna Kautler, Desiree Swartz, Sharish Stokes, Amanda Haas, Carlin Hendrix, Nathalia Vargas; row 3: Coach Molly Krudel, Kathy Esteph, Heather Easton, Sarah Abdelhamed, Kenya Franklin, Anna Hirscho, Rakia Duff, Tawie Miller, Delia Ceja and coach Lauren Knust.



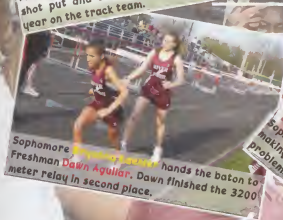
Freshman **Heather Easton** throws the ball for shot put and discus. This was Heather's first year on the track team.



Junior **Mary Salinas** is running the 1600 meter dash. She finished in second place.



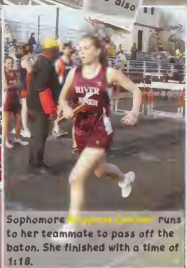
Sophomore **Desiree Swartz** makes her high jump. She also stuck her landing.



Sophomore **Dayana Salinas** hands the baton to Freshman **Dawn Aguliar**. Dawn finished the 3200 meter relay in second place.



Sophomore **Sara Fleming** concentrates on making this hurdle. She succeeded with no problems.



Sophomore **Dayana Salinas** runs to her teammate to pass off the baton. She finished with a time of 1:18.

THE SCORE

Bishop Noll	9th
#obart	N/S
GSSC Quad Meet	2nd
Triangular	L
#abron	L
Washington Township	Tie
Westville	L
#anover Relays	2nd
GSSC	4th
Kankakee Valley	2nd



SENIOR SPOTLIGHT

Even after recovering from a back injury, senior **Kenya Franklin** was still able to advance to regionals and place eighth in Shot Put and Discus. After graduation, Kenya plans to attend college in Georgia to major in Psychology.

Savvy Softballers to the Rescue!

With the new season came two new coaching heroes and one returning champion to the playing field. Mrs. **Courtney Quigg** took over the position of head coach after Mr. **Reggie Thompson** stepped down after nine years. Mr. **Austen Robison** became one of the assistant coaches and Mr. **Joe Burlison** returned as the other assistant coach. Although the season was rocky, the team persevered and never lost faith. The big advantage the team had this year was the youth; not many seniors were on the team; therefore, this was a year to train and strengthen the players that would be returning the following year. The girls had their strength and wit tested at every game, and each player gave 110 percent. At the end of the season, juniors **Katie Buehler** and **Ashley Plesyk** were both named Most Valuable Player. Freshman **Kayla Smith** was given the Most Improved Award.

SOFTBALL



Row 1: Chelsea Roscoe, Breanna Mata, Olymaria Perez; row 2: Katelyn Buehler, Stephanie Delph, Abby Anderson, Ashley Plesyk, Veronica Collazo; row 3: Coach Courtney Quigg, Brittany Long, Kayla Smith, Ashley Bryant, Adriana Dama, Jacquelyn Plekarski, Coach Austen Robison and Coach Joe Burlison.

20

The girls huddle to hear Coach Quigg's plans for the game against Morgan Township. The plan was successful with the Ingots winning 17-10.

Sophomore **Breanna Mata** catches the ball from second base. She was the main catcher for the entire season.

Coaches **Austen Quigg** and **Robison** talk about the plays happening on the field. Coach Quigg also took over as head basketball coach for the girls this year.

The team awaits the end of the third inning before taking the field at Bishop Noll. Noll proved to be a challenge for the girls, losing to them twice during the season.

Batter's up! Junior **Adriana Dema** heads to the plate. Her fielding average this season was a 98%, the highest on the team.

Juniors **Adriana Dema** and **Hayley Plesyk** position themselves on the field. Along with Mata, Adriana filled in as catcher during the season.

THE SCORE

South Central	7-14
Hanover Central	1-11
Bishop Noll	0-5
Kouts	3-13
North Newton	2-9
Morgan Township	17-10
Calwaset	0-7
Whiting	1-9
Wheeler	0-12
Lake Station	5-14
Wastville	2-5
Bishop Noll	2-10
Marquette	18-5
North Newton	0-12
Hampson High	15-2
Calwaset	2-8
Whiting	1-8
Wheeler	0-10
Marquette	12-2
Hobart	1-14
Lake Station	3-1

SPORTS SPOTLIGHT

Sports Spotlight for softball went not to a senior but Junior **Hayley Plesyk**. "She was always solid, consistent, could play second base well even as a lefty," stated Coach Courtney Quigg. These attributes and her 93% field average were important aspects for the team's success on the field this past season. Hayley's future goals: be back on the field as a senior next spring.

Baseball Brawlers

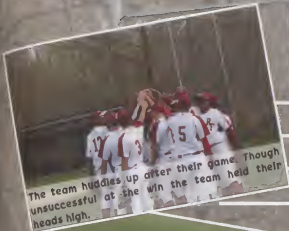
Though a rough start, these brawlers pulled off some wins. "Even the new faces to the team did their part during a game," said sophomore **Tavon Temple**. With it only being **Mark Ziqueria**'s second year as head coach, he still managed to keep his team motivated and ready for any when the time came. "The highlight of the season I would say was defeating our rivals Edison twice," declared freshman **Shane Calver**. The top players this year were juniors **Tyler Hanson** and **Chase Young**, who in distasteful situations kept their team's heads up throughout the games. Tyler Hanson was also awarded Most Valuable Player. Most Improved Player was awarded to freshman **Tyler Ramirez**. Mental Attitude Award was given to Jason Temple. "Even through the rough patches, difficult practices and hard losses, I still had fun and did the best I could and I can really say I'm going to miss the team and the sport in general," said senior **Baby Jack Zambrana**.

BASEBALL



Row 1: Marcus West, Dexter Nalls, Michael Maldonado, row 2: Michael Hough, Tyler Hanson, Chase Young, William Carver, Bryan Avalos, Ryan Smith, row 3: Coach Rick Hanson, Coach Mark Ziqueria, Tavon Temple, Shane Calver, Tyler Ramirez, Martin Acostafago, Austin Smith, Baby Jack Zambrana and Coach Jim Witt.

saved by Ariel Garza



The team huddles up after their game. Though unsuccessful at the win the team held their heads high.



Sophomore **Austin Smith** sets up for the batter. Austin has been playing for two years now.



As the third inning ends, coach **Mr. Zander** gives his team a quick talk. The Ingots went on to defeat Edison.



Junior **Michael Wilson** tries to tag the slider. This was his third year playing baseball.



Here Junior **Tyler Hanson** takes a shot at a traveling team. Tyler also played for a



If not on the field, the players still do work in the dug out. The players kept stats while waiting for their chance to play.

THE SCORE

South Central	1-6
Westville	5-10
Hobart	14-20
Kouts	15-3
Raymond Gavitt	7-9
Edison	13-3
East Chicago Central	0-4
Morgan Township	0-11
Marquette	10-3
Marquette	4-6
Hanover Central	2-3
Whiting	2-4
Whiting	0-20
Edison	12-4
Wheeler	4-5
Calumet	10-1
Bishop Noll	2-7
Bishop Noll	1-17

W-5 L-13

SENIOR SPOTLIGHT

This year's senior spotlight was awarded to **Ryan Smith**. Ryan has been playing for all his high school years. Although playing numerous positions; pitcher being one, Ryan managed to do his best at all of them.



The Gladiators of Golf

Coach **Jason Quigg** began his ninth year directing the River Forest golf team. He was able to add six more wins to his coaching record. Of course Coach Quigg could not have done it if it were not for his four players. The returning players, senior **Scott Guel**, sophomore **Brian Breese** and junior **Robert Dyson**, along with new golfers junior **Carlos Rayos** and senior **Ryan Holland** all putted their way down the green to Coach Quigg's satisfaction. This year's Most Improved went to Carlos Rayos and the Mental Attitude was awarded to Brian Breese. Most Valuable Player was given to Scott Guel who also advanced to regionals this year. Scott is the first golfer to go to regionals since 1990 when Kerry Mefford advanced. "Scott is a tireless worker. He even practices when it rains. I could not ask for a better player," said coach Quigg. Even though some of the valued golf players have graduated and moved on, coach Quigg still expects a good outcome for the years to come.

GOLF



Team Picture: Brian Breese, Carlos Rayos, Scott Guel, Ryan Holland, Robert Dyson and Coach Jason Quigg.



Junior **Robert Dyson** focuses on putting the ball into the hole. He said, "When you can focus, nothing can stop you from winning."



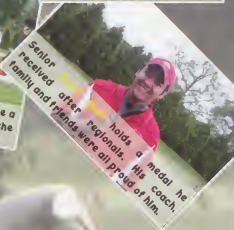
Sophomore **Brian Brown** prepares for his match against Bishop Noll. Brian has been on the golf team for two years.



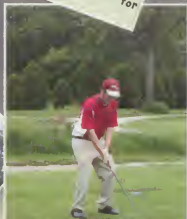
Junior **Scott Quei** carries his clubs across the green. Scott has participated in golf for three years.



Senior **Ryan Holland** swings at the ball to make a hole in one. This was Ryan's first year on the team.



Senior **Ryan Holland** received a medal after his family and friends were all proud of him.



Junior **Carlos Ramos** puts the ball for a birdie. He made this shot with ease.

THE SCORE

Whiting	W
Hanover Central	L
Bishop Noll	L
Lake Station	W
Hobart	L
East Chicago Central	W
Westville	W
Michigan City Marquette	L
Calumet	L
Morgan Township	L
Oregon-Davis	W
Wheeler	L
North Newton	L
South Central	W
Lake Station	L
Sectionals	8TH

W-6 L-9



SENIOR SPOTLIGHT

This year's 2009/ 2010 Golf Sports Spotlight goes to senior **Ryan Holland**. After graduation, Ryan plans on following in his father's footsteps and become a cable technician for Comcast. He plans on not attending college any time soon.

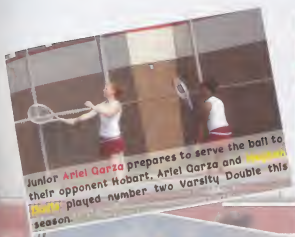
Heroines of the Court

This year's girls tennis team sprung into spring with a thirst for competition and a fierce new coach, Mrs. **Cynthia Gil**. The team had one of the largest turn-outs in years. The team stayed strong throughout the season and fought hard against each nemesis. The girls moved on to sectionals, eventually defeating all opponents and taking the win. By the end of the season, the girls finished fifth in conference, having a successful year that paves a new path for future tennis stars, such as senior **Zi Ling**, who was awarded Most Valuable Player at the Spring Sports Award Ceremony. Junior **Novita Fahui** battled her own demons to be dubbed Most Improved. Senior **Melissa Bravo** was recognized for her good attitude on the court by receiving the Mental Attitude Award.

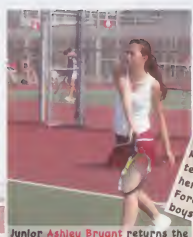
TENNIS



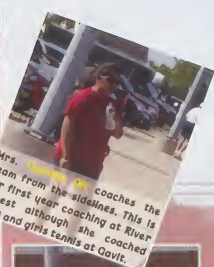
Row 1: Melissa Bravo, Alexandra Ayala, Novita Fahui, Gabriella Gonzalez; row 2: Hallej Gallagher, Ariel Garza, Bianca Gonzalez, Jacquelyn Rice, Marisa Sotelo, Vinlan Nunez, Ashley Sabbers, Misty Eoff; row 3: Jayla Bellar, Dianna Haynes, Dreanna Robinson, Meghan Davis, Coach Cynthia Gil, Zi Ling, Milagro Miranda, Daniella Flores and Melissa Bravo.



Junior **Ariel Garza** prepares to serve the ball to their opponent Hobart. Ariel Garza and **Madison Moore** played number two Varsity Double this season.



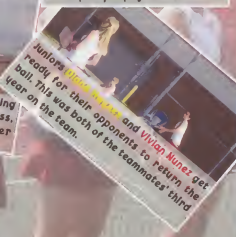
Junior **Ashley Bryant** returns the ball to the opponent. This was her third year playing tennis.



Mrs. **Candace M.** coaches the team from the sidelines. This is her first year coaching at River Forest although she coached boys and girls tennis at Gavitt.



Melissa Bigott catches her breath before going into a third set at regionals. Despite her loss, Melissa still kept her head up through her match.



Juniors **Melissa Bigott** and **Vivian Kunes** get ready for their opponents to return the ball. This was both of the teammates' third year on the team.



Junior **Vivian Kunes** prepares to slam the ball back at her opponent. Vivian played number three singles at this match.

THE SCORE

Calumet	W
Whiting	L
Hammond High	L
Wheeler	L
Marquette	L
Hammond Clark	W
Lake Station	W
Bishop Noll	L
Hammond High	W
Kankakee Valley	L
Hanover Central	L
Gavitt	L
East Chicago Central	L
Boone Grove	L
Hobart	L

W-4 L-11

SENIOR SPOTLIGHT

Senior **Melissa Bigott** was chosen as this year's senior spotlight for her dedication to the game of tennis. She began her tennis career her freshman year and continued through her senior year. Her strength and talent separated her from others on the court. Melissa always strove to stay positive and was awarded the mental attitude award three times in during her four year reign of the courts.



*A look
inside the
comics of
RF*



MIGHTY CLUBS OF INGOTLAND!



Newspaper:

Row 1: Christopher Ables, Adviser Mr. Mark Sopko; row 2: Kayela Brewer and Sara Medrano.

Yearbook:

Row 1: Ashley Ables, Ariel Garza, Alexandra Ayala;
row 2: Dreanna Robinson, Meghan Davis and Nycole Janes.





Jazz Band:

Row 3: Ryan Holland, Arthur Green, Tommy Dennie, Juan Gutierrez, Brett Welch; row 2: Mr. Darren Day; row 1: Carlos Medellin, Jasmine Russi, Richard Cannon and Kayela Brewer.

Band:

Row 3: Keerle Doring, Timothy Szparaga, Richard Cannon, Joey King, Brett Welch, Carlos Medellin, Michael Hough, Alan Little, Tommy Dennie, Amanda Ramos, Edward Baker, Richard Poe; row 2: Mr. Darren Day, Heather Easton, Jessica Halstead, Arthur Green, Steven Owen, Juan Gutierrez, Brian Breese, Matthew Diaz, Kelvin Jamle; row 1: Karl Dadd, Brianna Kennedy, Destiny Shepherd, Eilf Ozturk, Kayela Brewer, Santiago Burgos, Jonathan Hazelton, Paris Moore and Jasmine Russi.



First Hour Choir

Row 4: Anna Dema, Nur-William Benito, Jason Fosnaugh, Erik Pendleton, Martin Santiago, Matias Bach, Ryan Holland, Orlando Guerra, Holly Lucas, Mrs. Lauren Knust; row 3: Christina Gaweil, Amlia Mtsomo, Reklia Duff, Heather Sonntag, Melissa Breese, Shante Vazquez, Roslyn Mitchell, Naomi Evans, Cameron Gordon; row 2: Mary Norman, Alex Gary, Caitlin Hendrix, Jamie Bellar, Diana Haynes, Ashley Sabbers, Melissa Bigott, Amanda Ramos; row 1: Hayley Plesyk, Kristina Morris, Beth Clark, Mariah Sluder, Dolton Sluder, Nina Mitchell, Sara Flemming, Brianna Mata and Tiffany Medina.

Second Hour Choir

Row 4: Mrs. Lauren Knust, Deldra Marra, Kayla Smith, Dolton Vernon, T.J. Delka, Jeffery Haslett, Joel Lopez, Clarence Harris, Kara Janes; row 3: Dreanna Robinson, Sierra Evans, Jacquelyn Swisher, Ryan Fontanez, Michael Bach, Kenya Franklin, Renee Parker; row 2: Missy Eoff, Holly Mull, Elizabeth Allman, Katherine Esteph, Tavla Duff, Lindsey Gaffner, Stephanie Mason; row 1: Novita Fahmi, Tachina Harris, Felicia Hunter, Della Ceja, Anisa Ramos, Hayley Morris and April Evanauskas.





Spell Bowl

Row 3: Mr. Jim Weltzel, Brandon Dothager, Dominic Hurley, Juan Martinez, Kaylee Hutson, Brittany Long; row 2: Alex Nikollaj, Jeffrey Obermeyer, Deslree Swartz, Renee Parker, Hayley Morris; row 1: Abby Anderson, Ashley Ables, Kristina Carrillo, Katie Randitsas and Patricia Burgos.

Decathlon

Row 3: Mr. Jim Weltzel, Brandon Dothager, Dominic Hurley, Juan Martinez, Kaylee Hutson, Brittany Long Row 2: Alex Nikollaj, Michael Hough, Jeffrey Obermeyer, Deslree Swartz, Renee Parker, Tyler Hanson, Hayley Morris; row 1: Jessica Gasaway, Abby Anderson, Kristina Carrillo, Katie Randitsas and Patricia Burgos.



Academic Super Bowl

Row 3: Mr. Jim Weltzel, Brandon Dothager, Dominic Hurley, Juan Martinez, Kaylee Hutson, Brittany Long; row 2: Alex Nikollaj, Michael Hough, Jeffrey Obermeyer, Deslree Swartz, Renee Parker, Tyler Hanson, Hayley Morris; row 1: Alma Martinez, Abby Anderson, Ashley Ables, Kristina Carrillo, Katie Randitsas and Patricia Burgos.

Student Council

Row 4: Natalie Garza, Jerica Harper, Ashley Nieves, Renee Parker, Mrs. Patty Sparks; row 3: Jesus Soria, Katie Buehler, Heather Watson, Tyler Hanson; row 2: Richard Garcia, Mrs. Jessica Derolf; row 1: Anisa Ramos, Hailey Gallagher and Mrs. Amber Plesyk.



INGOTS INCOGNITO



BAM

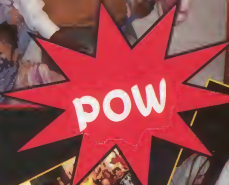


Junior cowboys and cowgirls are posing for their mug shots. A variety of Juniors took part in "Wild Wild Wednesday".

The Ingots decided to go in disguise to show their spirit during homecoming week. For five days, the Ingots wore a different costume to show their school spirit. Monday started off the week as "Nerd" day. Students had big glasses with tape around them, pants all the way to their chest and calculators in their back pockets. Also that same night the students stayed after school to create masterpieces in their own hallways to compete with one another for spirit points. Tuesday, students came dressed as mermaids, sharks and much more for "Under the Sea" day. Wednesday continued the week off with "Wild Wild West" day. Many students dressed like cowgirls and cowboys. Thursday the Ingots took advantage of dressing as clowns and bearded ladies for "Circus" day. Finally, Friday was "Cardinal and Gold" day. Many students and staff members took this day more seriously because of its tradition. Later on that day was the pep rally. The Juniors and seniors came neck to neck to take victory for spirit points. But overall the Juniors stepped up their game during the battle cry and took the win. Despite the coldness and the rain, the Ingots still managed to take the victory. During halftime senior **Katalie Garza** was announced homecoming queen, and senior **Anthony Delka** received "Mr. Football".



Seniors are gathering together and getting ready for battle. A number of students took this day more creatively.



Senior **Natalie Garza** is walking down the court to receive her crown for homecoming queen. She made homecoming court for two years.

Senior **Anthony Pelka** receives "Mr. Football". He played varsity for three years.



CRIME FIGHTING FOREIGNERS





Nutsawan
Senkha
Thailand



Nur Amalina
Abdurrahim
Malaysia



Nathalia Viegas
Brazil



Amina Mtsomo
Kenya



Nur-William
Benito



Nur-William
Benito
Philippines

This year, River Forest's foreign exchange students came from all around the world. To be exact, they came from the Philippines, Indonesia, China, Thailand, Africa, Turkey, India, Malaysia, Egypt and Kenya. Throughout the year, these students did a lot of American activities from bowling to visiting a few amusement parks. Nur-William Benito chose to visit America because he said, "America is the most powerful part of the world and I could not pass up the opportunity. I have longed for this since I was twelve." Amina, a foreign exchange student from Kenya, wanted to come to America because she wants to write a book in the future titled *The World and The People*. "America is a great place to experience different cultures at a single time. It is so diverse here," Amina stated. Overall, every foreign student agreed that coming to America is something they will never forget. Many also plan to visit again in the near future.



Amit Dewan
India



Novita Fahmi
Indonesia



Phandaj Sagar
Malaysia



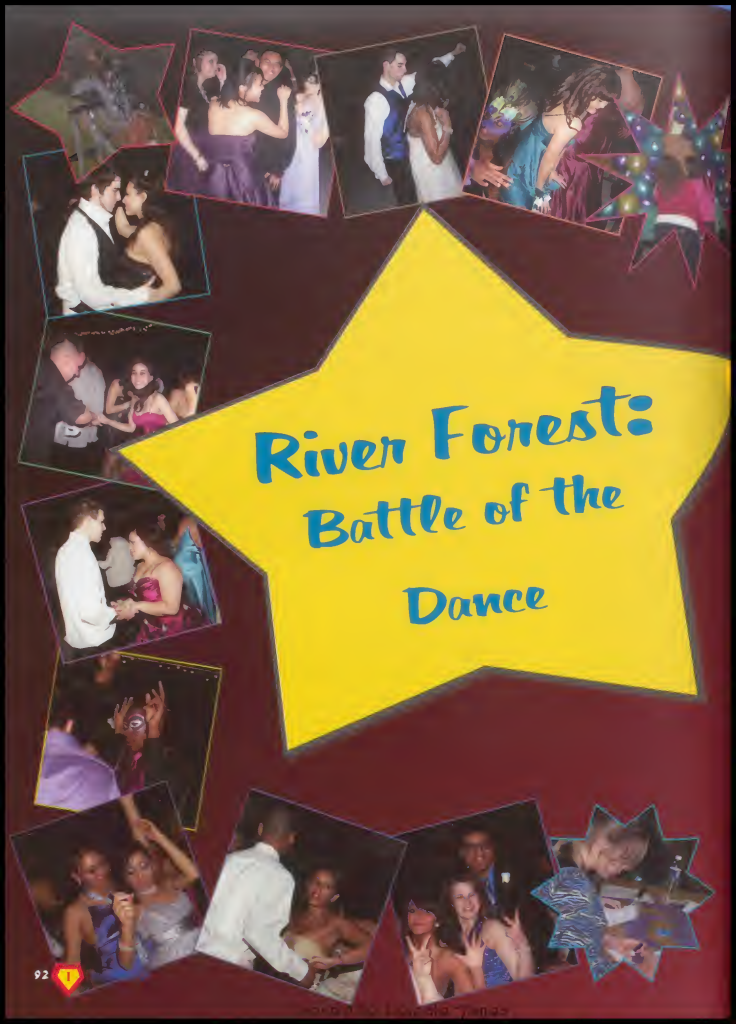
Rina
Indonesia



Rina
Indonesia



Eft Ozturks
Turkey



River Forest: Battle of the Dance



Once again, Turnabout allowed all the ladies to ask the gentlemen to accompany them to a dance for a change. The senior class sponsored and organized the dance. They decided to host a masquerade ball as the theme for this year's turnabout. Turnabout was held in the elementary gym that was decorated with a green and purple drop from the ceiling, balloons, streamers and tables with all the same greens and purples. The grand entrance was filled with floor-length metallic streamers colored purple, green and yellow. Above was a super sized Mardi-Gras mask for added decoration. Also, there was a punch bar where the students could take a break and revitalize with some fruit punch, and a candy bar filled with Skittles, M&M's, Gummy Bears, and much more. The deejay played many types of music from the Salsa all the way to Michael Jackson. "It was a lot more interesting and fun than I would have imagined. It was great!" stated Freshman Liz Allman. Couples tickets were \$35 and singles were \$18. Approximately, there were 249 attendees. Turnabout was held in early February when the temperatures were low, but that did not stop the student body from coming out and having a good time. Before the dance started, some couples went out to dinner at a nice restaurant and friends got together to take pictures. At seven o'clock students started filling up the dance floor. The dance ended around eleven o'clock and afterwards friends got together to see a movie or just hang out and wind down from the night.



HEROIC HOMECOMING



BAM



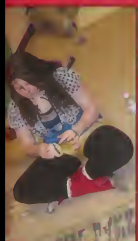
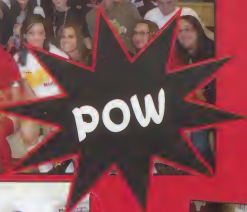
Seniors unite during the pep-rally for a group picture. Seniors made the most of their last homecoming by showing off their school spirit.

Halfway through the year, Ingots welcomed winter homecoming which began January 25. Students represented their school spirit during homecoming week by dressing up. Monday was Barnyard Day. Students dressed like farmers, pigs and barns. Tacky Tuesday was among the favorites, as was Disney Wednesday where each class had a specific Disney movie to represent. The freshmen were assigned "Toy Story", the sophomores chose "100 Dalmatians", the Junior class dressed like characters from "Peter Pan" and seniors came clad in feathers and moccasins like the characters in "Pocahontas". Thursday was senior citizen day and Friday students came dressed in their most spirited clothing for cardinal and gold day. The pep-rally was held Friday afternoon where the student council performed a skit in which they portrayed basketball players. In a last effort to acquire spirit points students could participate in the "Baby Picture Game." The game involved pictures of the faculty when they were children and students had to guess which teacher went with each picture. Juniors won first place for spirit points followed by the seniors, sophomores and freshmen. Spirit Court included seniors **Ashley Nieves Terry Lewis Natalie Garza Ryan Smith Shavon Stokes Anthony Pelka Cassandra Sul Dexter Washington Bethany Gailigan and Richard Perez**. Bethany, Richard and Ryan won Miss and Mr. Basketball while Natalie and Terry were victorious and won Miss and Mr. Ingot Spirit. The boys basketball team triumphed over the North Newton Spartans making this year's homecoming a heroic one.

saved by Meghan Davis



Students cheer on the basketball team for a win. The stands were packed with cardinal and gold in honor of the occasion.



Fellow Ingots show their spirit by dressing up on the different days of the week. Tacky Tuesday and Disney Wednesday along with Cardinal and Gold Friday were among the favorites.



DRAMA



Flying high into fall the drama club kicked off the season with a musical called "The Boyfriend." Mrs. **Lauren Knust**, the choir teacher, was the director of the fall musical. Taking center stage in the play was senior **Jelina Flores**, who played the main character Polly. Accompanying her in the lime light was Junior **Matias Bach**, who took the lead male role of Tony. The main character Polly lives in a boarding school in France where she is unable to have a boyfriend, due to her father's paranoia that the boy will be a gold digger. In the meantime, Tony leaves his royal family to see the world. Tony comes upon Polly's boarding school where the two meet. Both main characters conceal their true identities in order to win each other's hearts. In the end they are revealed for whom they really are; however, they remain in love. The drama club then set up the spring play "The Jolly Roger and the Pirate Queen." In charge of directing the spring performance was Miss **Luann Forste**. The lead female role of Sara Huffington was played by Senior **Sierra Evans** and the lead male role of Roger Goodman was performed by Junior **Brett Welch**. Goodman sets out on a voyage to become a pirate as a way of winning his maiden's heart. Meanwhile Huffington sets out on her own adventure of becoming a pirate queen. Goodman, who is now known as Captain Jolly Roger, kidnaps Huffington's parents in a desperate attempt to lure her to treasure island. Huffington, now the Pirate Queen, makes her way to the island to fight Jolly Roger and save her parents. The Pirate Queen and Jolly Roger recognize each other as Sara Huffington and Roger Goodman. In the end, the pair get married and live happily ever after. The drama club put on five star plays and received great recognition from their fellow Ingots.



"THE BOYFRIEND"



The cast of "The Jolly Roger and the Pirate Queen" pose for a picture. At the end of their performance, the cast and crew received a standing ovation.

"THE JOLLY ROGER AND..."



Junior Brett Welch is nearly a star for the camera. Brett was assistant student director of the spring play.

"THE PIRATE QUEEN"



Junior members, Matias was cast as Sara Huffington's father in the spring play. rehearses lines with his cast

TALENT SHOW



Honor Society

2010

Honor Society not only participated but helped organized many school functions this year. To kick start the school year, they participated in the walk for Alzheimer's. The group raised as much money as they could to partake in this event. Also to add to there list of activities, they organized their very own food drive, which was very successful. To let loose and spook things up a bit, they decided to host a Halloween dance

so the price of Cedar Point would dwindle down a tad. These Heroes and Heroines could not be stopped they took time out of there lives to go caroling to the retirement homes in Lake Station. To end the year, seniors Ashley Ables and Juan Martinez, the leaders of the society this year, hosted a Talent Show, which showcased the various talents at RF. As always, induction ended the year!



INDUCTEES





Red Carpet Affair



This year's prom was said to be the biggest one yet with over 75 couples attending. It was truly what the theme was- a Red Carpet Extravaganza. It took the Junior class a lot of time in advance to plan out how this affair would be. They wanted to make it a memorable moment for the seniors and great night for themselves as well. A variety of music was played from late 80's to new hip music. Even if most of the songs were not of liking, everyone still danced the night away. Upon entering the dance floor a videographer captured the students entering. Students got a chance to express their feelings towards prom with a private recording of themselves when pictures were being taken. Photo albums were given to each person as another way to keep the memorable night close. A contest during dinner was held for worst and best dressed among the teachers who attended prom. Ms. Melinda Sutherland won best dressed. A dance off was captured by the videographer as well. Seniors officers also had the chance to speak during the night, adding to the bittersweet emotions of the dance.







Judy Dunbar. It has been a long time since that name has been heard around the halls of River Forest Junior/Senior High School. However, she is an important person in the history of our high school and in the history of journalism classes at River Forest. Judy was the first Valedictorian to walk across the stage 50 years ago, a member of the first graduating class of River Forest High School. She was also the editor of the first edition of the INGOT yearbook. She and Mr. Satterfield, the first yearbook adviser, could not have imagined the type of talented students and editors that would follow their legacy. Back then, cutting out copy and captions from papers typed from a typewriter, pasting them along with pictures on a board, taking a photo of the board and using that to produce the yearbook was considered cutting edge technology. They could have never fathomed the production of a yearbook on a computer using digital technology from school and home to produce a book. The list of students who have worked on the yearbook over the years would be immense and the memories of each book even larger to mention here. So to commemorate the 50 years of our book, a snapshot of each cover is shown. Each cover tells about the time, the trends, and even some of the events of the time in each design. From the first cover of Joe Magarac pouring steel as a reminder of how the local steel mills helped fund the construction of our school, the 1976 cover celebrating the bicentennial of the United States, the 1997 fish cover that won a national yearbook award, to the 2007 cover that was the first book produced in all color, these two pages show covers that hold the most precious item of all our history. Happy **Golden Anniversary Ingots.**

So there you have it, yet another action packed volume of Ingotman and his amazing clan! There were bumps and bruises along the way but the fearsome freshman fought with determination and vengeance to earn the right to call themselves the Super Sophomores. The jubilant Juniors' attempt to overcome the spectacular seniors. The seniors, they quickly diminished before everyone's very eyes as they showed the Juniors the powers they will need to possess for the following year. As the tales of this episode live on and continue to soar through the history books, next year's tale is sure to be packed full of villainous offenders along with our very own heroic Ingotman.





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Seniors*



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'10



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SENIORS!**

KATY BITEPI



ANTHONY WALL

ANTHONY WALL



ANTHONY WALL



RYAN HOLLAND

JOHN GUY



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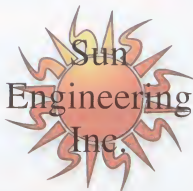


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Congratulations to graduates of 2010 Kenya Franklin, Shavon
Stokes, and Alex Lopez. Best wishes in your future.

-The Lunch Lady

Go Inqots...Try your best...Make good choices.

-Mrs. Johnson





City of Lake Station
Mayor Keith Soderquist

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for all Lake Station Residents"*



*Congratulations River Forest Ingots
Class of 2010*

In looking back over the years to my own Graduation, I can understand how proud you are to have successfully completed this part of your education.

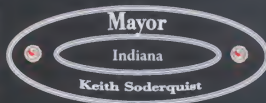
I would like to take this opportunity to extend my very best wishes to you for much happiness and success during the coming years.





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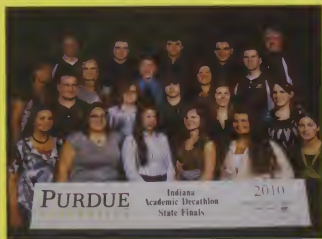


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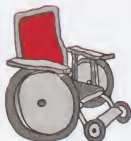
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A

Abdelhamed, Sarah : 6, 29, 74, 91
 Ables, Ashley : 5, 12, 14, 20, 23, 44
 Ables, Christopher : 50, 53
 Aguilera, Dawn : 42, 63, 74
 Aguirre, Kallina : 2, 27
 Allen, Jesse : 6, 16, 18, 19, 66, 71, 73
 Almon, Elizabeth : 43, 53
 Anderson, Abby : 23
 Anguiano, Krystal : 47
 Anguiano, Daley : 23, 47
 Athanas-Vasquez, Roxana : 43
 Aviles, Brileida : 47
 Baker, Ryan : 43, 63, 74
 Ayala, Alexandra : 24, 53, 63, 63
 Ayala, Kelly : 6, 43

B

Bach, Mattias : 29, 31, 50, 52, 56, 94, 97
 Bach, Michael : 43, 56, 72
 Baker, Edward : 43, 72
 Ballistas, Jonathan : 29, 47
 Balegh, Mofiq : 34, 43
 Bartauskas, Heather : 20, 53
 Barnes, Robin : 6, 12
 Barnett, Jazzmin : 47
 Baron, Ricky : 20, 53
 Baughman, Brandon : 50, 52
 Baughman, Mitchell : 43
 Beller, Jamie : 50, 52, 82
 Benita, Nur-William : 6, 91
 Bernard, Tyler : 43, 48
 Best, Sarah : 43
 Biggett, Melissa : 6, 12, 16, 62, 83
 Blasing, Ryan : 47
 Black, Andrea : 6, 17
 Blackwell, Zachary : 50, 52
 Bobczyk, Candice : 43
 Bottas, Andrew : 43
 Bottas, Stacy : 47
 Brandon, Idile : 6
 Bravo, Melissa : 32, 33, 50, 52, 60, 82
 Brediccan, Cristina : 47
 Bressa, Brian : 47, 62, 80, 81, 86
 Bressa, Melissa : 43
 Brewer, Kayla : 50, 52
 Brooks, Brandon : 43
 Brown, Ryan : 43, 48
 Bryant, Ashley : 50, 52, 70, 76
 Buchler, Katalyn : 50, 52, 66, 64, 65, 76
 Burge, Dale : 50, 52
 Burgess, Kyle : 35, 43
 Burgess, Edwin : 51, 53, 66
 Burgess, Patricia : 43
 Burgess, Santiago : 43
 Burns, Amanda : 51, 53
 Burrell, Tyler : 6
 Burton, Jack : 20, 53

C

Calabrese, Jesse : 47
 Calhoun, Miranda : 4, 12
 Canillo, Angelita : 4, 70, 74
 Canziani, Angel : 43
 Canziani, Trinita : 43
 Canziani, Shana : 6, 12
 Canzon, Richard : 43, 64
 Cano, Matthew : 6, 72
 Cardenas, Patricia : 43, 45, 66, 72
 Carata, Joaqui : 6, 16, 18, 64
 Carillo, Estelita : 6, 12, 17, 18, 20, 21, 27
 Casillo, Alejandra : 6
 Casillo, Angelica : 74
 Casado, Targona : 43
 Caza, Celia : 6
 Castellano, Cassandra : 43
 Castellano, John : 47, 66, 67, 72, 73
 Chavez, Marissa : 47
 Chavez, Crystal : 7
 Chavez, Thomas : 44
 Chelton, Emma : 20, 52
 Chert, Anna : 47
 Chert, Beth : 51, 53
 Chert, Gaby : 47
 Chert, Veronika : 51, 53, 64, 76
 Chismond, Rusty : 20, 53
 Chismon, Fraser : 51, 53
 Chen, Charlotte : 7

D

Davis, Meghan : 16, 18, 24, 51, 53, 60, 61, 70, 82
 Davis, Michelle : 44, 76
 Day, Darren : 20, 53
 Day, Tabitha : 51, 53
 Delph, Stephanie : 70, 76
 Demo, Adriana : 51, 53, 76, 77
 Dennis, Tommie : 44
 Deroff, J : 21, 34
 Dewen, Andi : 51, 53, 72, 91
 Diaz, Jacob : 47, 56, 72
 Diaz, Margaret : 7, 18, 19
 Diaz, Matthew : 7, 12, 19, 62, 63
 Diaz, Ramon : 47, 66
 Dixon, Shariann : 44
 Dodds, Dominique : 47
 Dominguez, Emilio : 51, 53
 Dominguez, Juanita : 47
 Doring, Chance : 44
 Doring, Kerrie : 7, 12
 Dosa, Anthony : 7, 37
 Duthagen, Brandon : 47, 62, 86
 Dotson, Brittnie : 51, 53
 Duff, Rakiia : 47, 74
 Duff, Tavia : 7, 12
 Duron, A : 21, 54
 Durr, Quentia : 7
 Dylon, Robert : 51, 53, 80, 81



E



Easton, Brenten : 44, 49, 49, 54, 60
 East, Brady : 27, 47
 Eccles, Al : 21, 24
 Edwards, Andrew : 7, 14, 16, 47
 Edwards, Andrew : 51, 53, 74
 Edwards, Julia : 44
 Ekeghi, Catherine : 7, 12
 Eremenko, Andrei : 27, 25, 28
 Evans, Robert : 44
 Evans, Robert : 44
 Evans, Dennis : 7, 12

F

Fahai, Mavita : 7, 58, 59, 62, 91
 Faulkner, Erica : 21, 54
 Fay, Ellen : 21, 54
 Fleming, Sara : 30, 47, 60, 74
 Flores, Danielle : 47
 Flores, Selina : 7, 16
 Ford, Amanda : 51, 53
 Fontanez, Jazmin : 44
 Fontanez, Ryan : 29
 Forest, Luann : 21, 54
 Fournough, Jayson : 44
 Franklin, Kenya : 7, 12, 16

G

Gallagher, Lindsey : 44, 70
 Gallagher, Nathan : 44, 70, 71
 Galt, Jessica : 47
 Galligan, Kelly : 44
 Galligan, Anthony : 7, 16
 Garcia, Antonio : 7, 13, 72
 Garcia, Consuelo : 44
 Garcia, Richard : 44, 55, 67
 Garza, Alex : 44
 Garza, Alex : 22, 24, 55, 66, 67
 Garza, Walter : 7, 13, 17, 70
 Garsimov, Jonathan : 8, 14
 Gass, Christina : 8, 14
 (B) Gayther : 21, 53, 62
 GB, Ashley : 44
 Geddes, Nathan : 27, 23
 Gendreau, Andrew : 8, 14
 Gendreau, Andrew : 51, 53, 68
 Gendreau, Anthony : 44, 68, 72
 Gendreau, Robert : 44, 62
 Gendreau, Stephanie : 44
 Gendreau, Robert : 44
 Gendreau, Alex : 44
 Gendreau, Anthony : 44, 68
 Gend, Rudy : 44
 Gend, Rudy : 21, 54
 Gend, Anthony : 8

Gend, Alex : 21, 54
 Gend, Alex : 44
 Gend, Alex : 52
 Gend, Alex : 44, 68, 69
 Gend, Alex : 44
 Gendreau, Alex : 44, 68

H

Halsford, Jessica : 8, 13
 Hamilton, Eric : 19
 Hanna, Emily : 44
 Hansen, Skyler : 51, 53, 56
 Hanson, Tyler : 27, 28, 51, 53, 56, 57, 60, 74, 79
 Harper, Derek : 8
 Harper, Jerica : 8, 13, 16
 Harper, Tracy : 48
 Harris, Clarence : 48
 Harris, Tachina : 44
 Haslett, Jeffrey : 44
 Hawkins, Stephen : 44, 46
 Hayes, Dianne : 51, 53, 62
 Hazleton, Jonathan : 51, 53, 62, 63
 Hefer, Tiffany : 48
 Henderson, Don't : 8
 Hendrix, Caitlin : 48, 74
 Henry, Clara : 44
 Holland, Ryan : 8, 60
 Hoogh, Michael : 51, 53, 56, 60, 78, 79, 80
 Howell, Darlan : 44
 Hunt-Gottig, Brittney : 44
 Hunter, Felicia : 48
 Hunter, Kyle : 48
 Hurley, Dominic : 8, 13, 16, 20
 Hurley, Maricela : 8
 Hutton, Kaylee : 8, 13, 20, 27

I

Ibanez, John : 21, 53, 66, 67
 Ibanez, John : 21, 53, 66
 Ibanez, John : 44
 Ibanez, Nicole : 44, 44
 Ibanez, Jeremy : 8
 Ibanez, Amanda : 8
 Ibanez, Nathan : 51, 53
 Ibanez, Jimmy : 51, 53
 Ibanez, Nicole : 44

K

Kashner, Bryanna : 44, 64, 74
 Kallak, Jonathan : 48
 Keene, Robert : 8, 33
 Kennedy, Brianna : 45
 Kennedy, Brittney : 8, 13, 60
 Knotts, Bradley : 45
 Knott, Lauren : 21, 54
 Komesa, Gloria : 21, 54



Kowalewski, Jostynn : 51, 53, 70
Krodel, Molly : 21, 54
Kroisdge, Katalyn : 45
Kutemeler, Michelle : 21, 54



Laerowicz, Meranie : 9
Latta, Johnale : 52, 54
Layton, Jamie : 45
Leon, Eden : 52, 54
Leonard, Dennis : 21, 54
Lewis, James : 45, 72
Lewis, Jamasha : 48
Lewis, Jordan : 5, 13, 17, 19
Lewis, Terry : 5, 54
Ling, Zhi : 9
Little, Alan : 45, 60
Lomas-Magana, Alejandro : 9, 13
Long, Benitranj : 52, 54, 70, 76, 77
Long, Emily : 45, 70
Long, Katie : 9
Long, Stephen : 9, 13
Lopez, Enrique : 9, 17
Lopez, Ernesto : 52, 54
Lopez, Fernando : 45, 69
Lopez, Joel : 52, 54
Lopez, Cassandra : 48
Lynch, Devon : 45, 68

M

Mackowicz, Rebecca : 21, 54
Maldonado, Michael : 33, 48, 78
Manning, Michael : 52, 54, 68, 72
Martin, Robert : 52, 54
Martinez, Alma : 52, 54
Martinez, Angie : 21, 54
Martinez, Benjamin : 48
Martinez, Fabiola : 45
Martinez, Guillermo : 52, 54
Martinez, Juan : 48
Martinez, Michael : 45
Martinez, Roberto : 48
Martinez, Zabrina : 45
Mason, Kristopher : 9
Mason, Stephanie : 52, 54
Mason, Susan : 48
Mastaj, Patricia : 21, 54
Mata, Breanna : 45, 60, 76, 77
McGowan, Kelly : 45
McKay, Kenneth : 48
McKay, Taylor : 48
McKee, JaJuan : 48
McPhee, Dylan : 52, 54, 58, 59, 62, 63, 66, 72
Medellin, Carlos : 48, 68
Medina, Benjamin : 52, 54, 66
Medina, Tiffeney : 48, 74
Medrano, Sara : 48
Meese, Joseph : 9
Meitkova, Jessica : 48

Menchaca, Mellea : 9, 13, 16, 60, 61, 64, 65
Hendrez, Timothy : 29, 48, 56
Mendoza, Brent : 9
Mihailik, Sandra : 21, 54
Mikula, Brian : 45, 58, 59, 72
Miranda, Catalina : 49, 60
Miranda, Elizabeth : 21, 54
Miranda, Milagro : 45
Mitchell, Nina : 52, 54
Mitchell, Roslyn : 9
Mitel, Andrew : 45
Monnier, Candace : 49
Moore, Jeremy : 21, 54
Moore, Paris : 49, 60, 64
Morris, Hayley : 49
Morris, Kristina : 9, 13
Moss, Ashley : 49
Mtsomo, Amina : 9, 74, 91
Murray, Paul : 21, 54

N

Nale, Dexter : 48, 79
Nayhart, Brandon : 9, 47, 49
Nieves, Ashley : 5, 13, 19, 18, 20, 54, 70, 84
Nikolaj, Alexandra : 9, 13
Norwood, James : 52, 54
Norman, Mary : 48
Norman, Robert : 48
Norris, Nolan : 52, 54, 62

O

Obermeyer, Jeffery : 9, 14, 54
Obermeyer, Timothy : 49
Oliver, Kristen : 52, 54
Olmo, Iris : 49
Olmo, Linda : 45
Ortiz, Alejandro : 45
Ostark, Bill : 9

P

Padgett, Dawana : 10
Pandyha, Kristina : 10, 14
Parker, Renee : 10, 14
Parkerson, Brigitte : 21, 54
Passan, Kristina : 49
Peksenak, Ryan : 45
Pelka, Anthony : 10
Pendleton, Eric : 45
Pendleton, Steesh : 10, 14, 69
Pennington, Justin : 45
Pennington, Richard : 52, 54, 58, 68, 69, 72
Perez, Consuelita : 45
Perez, Jessica : 62, 54, 64
Perez, Olympe : 45, 78
Perez, Orlando : 10, 52, 64
Perez, Ricardo : 10, 14, 18, 62, 63, 68, 72, 94



Paraz, William : 45
 Plekanski, Jacquelynne : 52, 54, 64, 76
 Plešek, Hayley : 52, 54, 70, 71, 76, 77
 Poe, Richard : 49, 86
 Poe, Richelle : 52, 54
 Preston, Shaun : 10
 Purnawan, Robby : 10
 Puskac, Joseph : 52, 54, 56, 66, 72

Q

Quigg, Jason : 21, 54
 Quiles, Jorge : 45

R

Ramirez, Joseph : 45
 Ramirez, Nicholas : 49, 65, 69
 Ramos, Amanda : 10, 14
 Ramos, Anisa : 46, 70, 71
 Ramos, Carlos : 52, 54, 80, 81, 86
 Ramos, Joel : 49
 Ramos, Sidney : 49
 Randitsas, Katherine : 10, 14, 19
 Raymond, Christopher : 52, 54
 Rauser, Terrance : 49, 55, 67
 Rice, Jacquelyn : 49
 Robertson, Dale : 21, 54
 Robinson, Doreana : 6, 8, 10, 12, 14, 20, 38, 82
 Rodriguez, Illiana : 46
 Rodriguez, Israel : 46
 Rodriguez, Joel : 49
 Rodriguez, Juan : 46
 Rogers, Brandon : 46
 Rogers, Michael : 52, 54
 Rosario, Michael : 46, 59
 Rosco, Chelsea : 10, 14, 74
 Ross, Steven : 45
 Russi, Jasmine : 10, 14, 17

S

Sabates, Sasha : 10
 Sabbers, Ashley : 10, 82
 Sallinas, Mary : 52, 54, 56, 59, 64, 70, 74
 Sanchez, Giovanni : 52, 54, 72
 Sanchez, Giselle : 49
 Santiago, Martin : 46, 78
 Sass, David : 46
 Schmidt, Austin : 52, 54
 Schmidt, Samantha : 46
 Seber, Susan : 52, 54
 Senkha, Nutthawan : 10
 Shepherd, Destiny : 29, 49
 Similea, Jess : 49, 68
 Slomczewski, Cheryl : 53, 55
 Sluder, Dalton : 46
 Smith, Anthony : 53, 55
 Smith, Austin : 49, 54, 68, 76, 79

Smith, Dominique : 46
 Smith, Kayla : 46, 60, 64, 76
 Smith, Matthew : 49
 Smith, Ryan : 11, 15, 16
 Smolen, Cathy : 49
 Smolen, Scott : 53, 55
 Smotak, Dylan : 49
 Solder, Shayne : 21, 54
 Sonntag, Heather : 49
 Soria, Delsa : 46
 Soria, Jesus : 30, 53, 55, 60
 Sotelo, Marisa : 41, 49
 Soto, LeRany : 11, 15, 18, 20
 Soto, Milton : 29, 53, 55, 66
 Soto, Robert : 49
 Stock, Taylor : 46
 Stobis, Danielle : 21, 54
 Stokes, Shaven : 11, 15, 70, 71, 74
 Stover, Jeremy : 11
 Sufko, Charles : 53, 55, 56, 66
 Sul, Cassandra : 11, 15, 18, 19, 20, 64, 94
 Summerfield, Roy : 21, 54
 Surer, Jennifer : 49
 Swansey, John : 11
 Swartz, Deshae : 49, 60, 61, 64, 74
 Swartz, Jacob : 37, 53, 55
 Swartz, Jonathan : 46
 Swisher, Jacquelyn : 46
 Szparaga, Stephanie : 53, 55
 Szparaga, Timothy : 49, 86

T

Temple, Jason : 49, 78
 Termini, Mario : 53, 55
 Thomas, Mona : 49
 Thomas, Victoria : 11
 Torres, Javier : 11
 Torres, Mario : 49, 56, 66

V

Vasquez, Shante : 46
 Vega, Arturo : 11, 15
 Vernon, Dalton : 25, 55
 Viegas, Nathalia : 11, 70, 74
 Villarreal, Priscilla : 46
 Villarreal, Tina : 11, 15, 19

W

Wade, Andre : 11, 68
 Waller, Allison : 11, 15, 37
 Waisdorf, Jennifer : 11, 19
 Walters, Brandon : 50
 Walters, Hasane : 50, 60, 73
 Warren, Justin : 46
 Washington, Darlana : 46
 Washington, Dexter : 11, 15, 17

Volcan, Heather : 53, 55, 72
 Walsh, Brett : 54, 55, 56, 64, 65, 67
 Warner, Brian : 51, 54
 West, Marcus : 60, 70
 Westbrook, Joseph : 50
 Whiting, Kirk : 51, 54
 Williams, Andrew : 51, 54
 Williams, Tiffany : 51
 Whitson, Candace : 50
 Wright, Martha : 51

Y

Yanez, Carlos : 50, 68
 Yanez, Judge : 41, 53, 55, 66, 72
 Yanez, JW : 51
 Yeung, Chase : 53, 55, 56, 66, 67, 74
 Yeung, Danielle : 50
 Yeung, Marissa : 53, 55

Z

Zachary, Baby Jack : 51, 54, 66, 70
 Zachary, Brian : 54, 56, 57, 58

BOOM!

POW!



BAM!



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MR. RICKY BARON, MR. BRYAN DAULTON AND ALL THE INDIVIDUALS AND
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A u t o g r a p h s



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FRIENDS



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FRIENDS



A u t o g r a p h s



the 1990s, the number of people in the UK who are employed in the public sector has increased by 1.5 million, from 2.5 million in 1980 to 4 million in 1995 (Department of Health 1996).

There is a growing emphasis on the need to improve the quality of care in the public sector, and to ensure that the public sector is able to meet the needs of the population. This has led to a number of initiatives, including the introduction of the Health Service Act 1990, which gave the Secretary of State for Health the power to set standards for the public sector, and the introduction of the Health Service Act 1997, which gave the Secretary of State for Health the power to set standards for the private sector. The Health Service Act 1990 also introduced the concept of 'best value', which is a way of measuring the performance of public sector organisations. The Health Service Act 1997 introduced the concept of 'best practice', which is a way of measuring the performance of private sector organisations.

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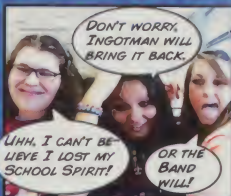
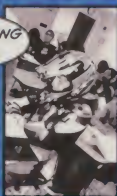
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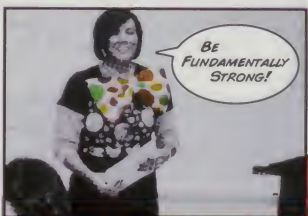
OR THE BAND WILL!



SOMEONE COME SAVE MY GRADE.



MUHAHAHAHAH...



BE FUNDAMENTALLY STRONG!